



Boundaries Will
Set You Free



Identify 3
Emotions
Displayed



15. Then the LORD God took the man and put him into the garden of Eden to cultivate it and keep it.

16. The LORD God commanded the man, saying, "From any tree of the garden you may eat freely;

17. but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die.”

What are Boundaries



Setting Healthy Boundaries

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Boundaries are a prerequisite for compassion and empathy.

We can't connect with someone unless we're clear about where we end and they begin. If there's no autonomy between people, then there's no compassion or empathy, just enmeshment.

Brené Brown | ATLAS OF THE HEART





Defining Personal Boundaries

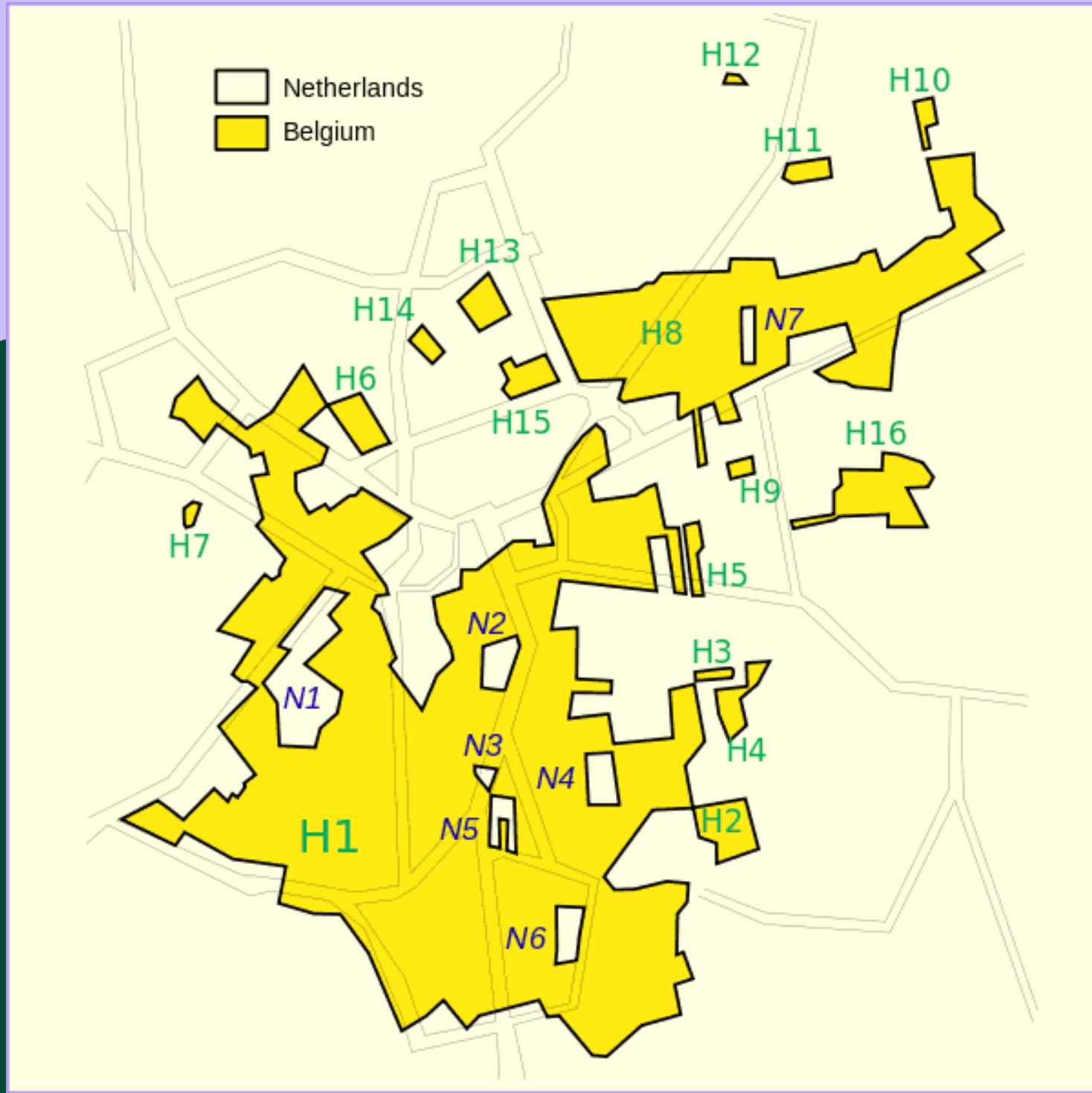
Personal boundaries are guidelines that encompasses your personal identity. It dictates how someone can safely and reasonable engage with you and how you will respond once limits are breached. They are built out of a mix of conclusions, beliefs, opinions, attitudes, past experiences and social learning.

JOSHUA 24:15

JOSHUA

“If it is disagreeable in your sight to serve the LORD, choose for yourselves today whom you will serve: whether the gods which your fathers served which were beyond the River, or the gods of the Amorites in whose land you are living; but as for me and my house, we will serve the LORD.”

It's Complicated



Baarle-Hertog and Baarle-Nassau

Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person.

Rules vs Boundaries

Rule	Boundary
Don't Raise Your Voice at me	I will not continue talking to you if you choose to raise your voice at me.
Keep Your Hands to Yourself	
Don't talk about that	
Speed Limit	

Rules vs Boundaries

Rule	Boundary
Don't Raise Your Voice at me	I will not continue talking to you if you choose to raise your voice at me.
Keep Your Hands to Yourself	Don't touch me...
Don't talk about that	I am not comfortable talking with you about
Speed Limit	If you are caught you are arrested. Or I will drive no more than the posted limit

18%



58% find it difficult to say “No”

Setting boundaries is a healthy habit

**63% consider themselves people
pleasers**

Setting clear, healthy boundaries is crucial

73% lied to get out of an event

Learning boundaries is essential for balance.

PRACTICE



– A friend in crisis continually calls you. While you want to support your friend, you are not able to be available to them every moment of every day

-You invited a friend over for the evening, but now it's getting late. You would like to get ready for bed, but your friend seems unaware of how late it is.

-Your boss wants you to work late, but you have a prior engagement and can't do it

Milestones in Boundaries



Boundary Defined:

Boundaries can be defined as the limits we set for ourselves or with others. Within healthy boundaries, we feel safe and respected.



Boundary types:

Physical, emotional, and mental are different types of boundaries that can be set.



Setting boundaries:

We can set boundaries by knowing what our values are and communicating them assertively.



Boundary violations:

When someone disregards our boundaries and makes us feel uncomfortable or unsafe, it is a violation.

Power of Boundaries: Protecting Yourself

Healthy Relationship Boundaries

Boundaries are important to protect your values, feelings and behaviour

How to Establish Boundaries

Effective communication, assertiveness and self-awareness help in creating strong boundaries

Types of Boundaries

Physical, Emotional, Mental and Sexual boundaries all need to be maintained

Boundary-Violating Behaviours

Setting clear boundaries helps to protect yourself from abusive or manipulative behaviour





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ROMANS 5:15–16

ROMANS

15. But the free gift is not like the transgression. For if by the transgression of the one the many died, much more did the grace of God and the gift by the grace of the one Man, Jesus Christ, abound to the many.

16. The gift is not like that which came through the one who sinned; for on the one hand the judgment arose from one transgression resulting in condemnation, but on the other hand the free gift arose from many transgressions resulting in justification

BE FREE

Create Healthy Personal and Professional Boundaries