

"Boundaries" Book Study Course

Lesson #5

This lesson is about identifying boundary problems, and how to set healthy boundaries with your family of origin. This is where boundary problems start, and often may continue well into adulthood. It is possible to end the destructive patterns, however, and you will learn how in this chapter. You will also learn about boundaries and friendships.

(chapter 7) Boundaries & Your Family

1. What signs of lack of boundaries do you see in your family relationships?
2. What drives your need to behave the way you do in the problem area of your relationship? A need for love? Approval? Guilt? Habit?
3. Can you forgive the aggressor?
4. Why is forgiveness important?
5. Have you "left" your family of origin so that you may "cleave" elsewhere?

(chapter 8) Boundaries & Your Friends

1. Of the four types of conflicts described at the beginning of this chapter, do any of your friendships fall into any of those categories? Explain.
2. How is your relationship with God? How do you see that affecting your friendships?

3. How healthy are your boundaries in your romantic relationships/marriage? Explain.

4. Are you able to say no sometimes so you may receive ministry instead of always giving it?

