

"Boundaries" Book Study Course

Lesson #6

This lesson will help you in your relationships with your spouse and children.

(chapter 9) Boundaries and your Spouse

1. Do you take responsibility for your feelings, desires, and giving with your spouse? If not, what areas need work? How can you discuss these issues with your spouse?

2. Do you apply the 10 laws of boundaries with your spouse? How can you improve your behavior in weaker areas?

3. Is your marriage well balanced? If not, do you have ideas on how to change that? Explain.

4. How are your problem solving skills? What did you learn from reading the section on Resolution?

(chapter 10) Boundaries with your Children

1. How can you improve your teaching your children boundaries?

2. Explain the differences in discipline and punishment.

3. Do you nurture those boundary needs of your children? Explain.

- Self-protection:

- Having a sense of control and choice:

- Delaying gratification of goals:

- Respecting the limits of others:

4. Is the discipline you use with your children age appropriate? Effective?

