

# "Boundaries" Book Study Course

## Lesson #9

This lesson deals with how people may react to your newfound boundaries, and how you handle the situations.

### Part 3: Developing Healthy Boundaries

#### (chapter 14) Resistance to Boundaries

1. Have you met with angry reactions to your new boundaries? How did you handle this situation? Could you have handled it better? Explain. If you encounter physical abuse, call the police, get a restraining order and an attorney! You do NOT need to put up with abuse!!

2. Have you met with guilt reactions? How did you handle that? Could you have handled it better? Explain.

3. Are there countermoves and consequences you are facing? Explain.

4. How are you handling the pain or blame from others while you set boundaries?

5. How are you doing with forgiveness and reconciliation? Do you see the difference between the two?

6. What needs must you release to have healthy relationships? Need for approval? A parent's love? Or, are you facing fears, such as fear of the unknown or of anger? How can you deal with these issues?



