



Ten laws of Boundaries

B Y D R . C L O U D

1. Sowing and Reaping -

Our actions have *consequences*. Someone *will* bear them.

2. Responsibility -

We are responsible *to*, not *for* each other.

3. Power - We do not have power over *other people*.

4. Respect - If we wish our boundaries to be respected, we must respect those of others.

5. Motivation - We must be free to say no before we can wholeheartedly say yes.

6. Evaluation - We need to evaluate the effects our boundaries cause others.

7. Proactivity - Boundaries must express what you stand *for*, not just what you are *against*.

8. Envy - We will never get what we want if we focus on what others have.

9. Activity - We need to take the initiative to solve our problems.

10. Exposure - Boundaries must be communicated.



Common Boundary

Myths

B Y D R . C L O U D

1. **If I Set Boundaries, I'm Being Selfish**
2. **Boundaries Are A Sign of Disobedience**
3. **If I Begin Setting Boundaries, I Will Be Hurt By Others**
4. **If I Set Boundaries, I Will Hurt Others**
5. **Boundaries Mean That I Am Angry**
6. **When Others Set Boundaries, It Injures Me**
7. **Boundaries Cause Feelings of Guilt**
8. **Boundaries Are Permanent, and I'm Afraid of Burning My Bridges**