

STUDENT SHEET FOR LESSON 2:

# Problems and Symptoms

## Personal Inventory List:

Check items on this list that you presently experience (or have recently experienced) in your life:

- |   |   |
|---|---|
| <input type="checkbox"/> high blood pressure          | <input type="checkbox"/> feeling left out         |
| <input type="checkbox"/> loss of temper               | <input type="checkbox"/> being disorganized       |
| <input type="checkbox"/> feeling overwhelmed          | <input type="checkbox"/> worrying                 |
| <input type="checkbox"/> headaches                    | <input type="checkbox"/> being envious            |
| <input type="checkbox"/> inability to get things done | <input type="checkbox"/> ulcers                   |
| <input type="checkbox"/> depression                   | <input type="checkbox"/> fatigue                  |
| <input type="checkbox"/> inability to concentrate     | <input type="checkbox"/> eating/drinking too much |
| <input type="checkbox"/> crying spells                | <input type="checkbox"/> development of allergies |
| <input type="checkbox"/> feeling sorry for myself     | <input type="checkbox"/> procrastinating          |
| <input type="checkbox"/> feeling trapped              | <input type="checkbox"/> overweight               |

## Clinical Symptoms:

- 1.
- 2.
- 3.
- 4.

## Relational Symptoms:

1.
  - a.
  - b.
- 2.

## Functional Symptoms:

- 1.
- 2.
- 3.
- 4.

PERSONAL STUDY/REFLECTION SHEET  
FOR LESSON 2:

# Problems and Symptoms

## Journal Assignment

- Dr. Cloud encouraged us to “notice over the next month how many times you say yes when you mean no.” Keep track during the next month (or week) when this happens. What are the results?
- Dr. Townsend asked, “Who do you spend your time needing something from, feeling frustrated with, wanting to be closer to, and having to resolve conflicts with?” Try to reflect upon and write your answer to this question.
- As you begin to think about developing better boundaries in your life, evaluate how your life would change.

## Scripture Study

- Read Psalm 139:23–24. Ask God to reveal to you where in your life you need to develop better boundaries.
- Read the story of Moses and Jethro found in Exodus 18.
  1. Why was Moses close to burnout?
  2. Were the needs of the people legitimate?
  3. What did Jethro suggest?
  4. What did Moses do?
  5. What was the result?
  6. What is the lesson?
- Read Romans 12:1–8. What principles/lessons are found in this passage?

## Additional Reading

*Boundaries*, pages 49 – 82

STUDENT SHEET FOR LESSON 4:

# Laws of Boundaries, Part 2

**Law 6:**

- 1.
- 2.
- 3.
- 4.

**Law 7:**

**Law 8:**

“Seeing . . .”

Guidelines for turning envy into gratitude:

- 1.
- 2.
- 3.

**Law 9:**

**Law 10:**

Three signs that you are not communicating your boundaries properly:

- 1.
- 2.
- 3.

PERSONAL STUDY/REFLECTION SHEET  
FOR LESSON 4:

# Laws of Boundaries, Part 2

## Journal Assignment

- Choose one of the laws to reflect on and write about.  
OR  
Choose one law *each day* in the upcoming week to think and write about.
- Make a list of all the things you are envious of. Confess these to the Lord. Make a list of all the things in your life you are grateful for.
- Ask yourself what you need to take more responsibility for and what you need to take less responsibility for. Which one of the “Ten Laws” most affects that boundary? What can you do to change that situation/relationship?
- I am learning . . .
- Set little (seven-day) and big (six-month) goals for changes in your feelings, attitudes, and behavior.

## Scripture Study

- Read Hebrews 10:38–39. What is the connection between faith and action?
- Read Ephesians 4:15: What are the risks of “speaking the truth in love”?
- Read Hebrews 12:1–13: What is the purpose of discipline, pain, and trials?
- Read Matthew 14:22–33:
  1. How did Peter show his faith in Christ?
  2. What lessons can you learn from his experience?
  3. In what ways are you like Peter?
  4. In what ways are you different than Peter?
  5. What can you do to have more faith?

## Additional Reading

*Boundaries*, pages 93 – 102

STUDENT SHEET FOR LESSON 5:

# The Myths About Boundaries

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
7.
  - a.
  - b.
- 8.

PERSONAL STUDY/REFLECTION SHEET  
FOR LESSON 5:

# The Myths About Boundaries

## Journal Assignment

- Make a list of your experiences during the week and see if you encounter one (or more) of the myths. How do you respond? When you make new boundaries how do you feel? How do others respond to the new boundaries?
- Choose one of the myths to focus on. List all the ways you presently respond to this myth. List the possible steps you can take to respond more positively in the future.

## Scripture Study

- Read Matthew 19:16–22. What is Jesus modeling about boundaries?
- Read John 2:13–17. What boundaries did Jesus have? What can you learn from this passage about your own boundaries?
- Read Ephesians 4:2–7. List all the ideas in these verses that you can apply to your own boundaries.

## Additional Reading

*Boundaries*, pages 103 – 120

STUDENT SHEET FOR LESSON 6:

# A Course of Recovery

1. Understanding God's grace is an important aspect of the recovery process. Which definition of grace fits your life experiences? Why?

- |  |  |
|--|--|
| <input type="checkbox"/> Something said before meals   | <input type="checkbox"/> Courtesy              |
| <input type="checkbox"/> Opposite of punishment        | <input type="checkbox"/> Name                  |
| <input type="checkbox"/> Undeserved gift               | <input type="checkbox"/> Something we all need |
| <input type="checkbox"/> Ballet dancers have it        | <input type="checkbox"/> Overlooking faults    |
| <input type="checkbox"/> Getting what we don't deserve | <input type="checkbox"/> Other                 |

2. Right now, my problems are: (rank in order)

- |  |                                     |  |
|--|-------------------------------------|--|
| <input type="checkbox"/> Self-confidence       | <input type="checkbox"/> Finances   | <input type="checkbox"/> Spouse              |
| <input type="checkbox"/> Secrets               | <input type="checkbox"/> Job        | <input type="checkbox"/> Compulsive behavior |
| <input type="checkbox"/> Anxiety               | <input type="checkbox"/> Depression | <input type="checkbox"/> Past memories       |
| <input type="checkbox"/> Relationship with God | <input type="checkbox"/> Children   | <input type="checkbox"/> Other               |

## Steps To Recovery

1.

2.

3.

- 
- 
- 
-

*Student Sheet for Lesson 6: A Course of Recovery (continued)*

4.

5.

6.

7.

- 
- 
- 

8.

9.

10.

**PERSONAL STUDY/REFLECTION SHEET  
FOR LESSON 6:**

# A Course of Recovery

## Journal Assignment

- Identify a problem in your life. Where are you in the process of the “Steps of Recovery”? What do you need to do to continue on?
- Concentrate on forgiveness. Make up a “Forgiveness List” with times and reasons you haven’t forgiven yourself or when others have hurt you. Write your feelings and thoughts about the memories.

Example:

Reason/Act	Feelings/Thoughts
1. My father beat me when I was a child.	1. angry, bad, confused, scared
2. I try to control my kids with threats and anger.	2. shame, worthlessness, anger

## Scripture Study

- Read the story of Peter in Luke 22:31–34, 54–62. How did Peter fail? What did he learn from his failure? What did he go on to do?
- Read Colossians 3:13. What does this verse say to you?
- Read Philippians 2:1–2. What good news do these verses bring you?

## Additional Reading

*Boundaries*, pages 123 – 235. These chapters discuss various types of “Boundary Conflicts” and how people resolved them.

STUDENT SHEET FOR LESSON 7:

# Resistances to Boundaries

In moving toward recovery or growth we will always encounter some resistance. This resistance will either come from external or internal sources.

**Four external resistance sources:**

1.

- 
- 
- 

2.

- 
- 

3.

- 
- 
- 

4.

- 
- 
- 

**Five internal resistance sources:**

1.

2.

3.

4.

5.

# Resistances to Boundaries

## Journal Assignment

- Focus on something you fear. Ask yourself, "Why is this something I fear?" Write a prayer asking God to help you overcome it.
- Make a list of God's blessings. At the end of each day review how God has met your needs, helped with your barriers, enabled your recovery, etc.
- Focus on one of the resistances in your life. What can you do (or are you doing) to deal with it?

## Scripture Study

- Read the story of Queen Esther found in the Old Testament book of Esther.
  1. What resistances did Esther encounter?
  2. What did she do to overcome her resistances?
  3. What resources do I have to overcome what I face?
- Read: Matthew 28:20, Philippians 4:19, and 1 Peter 5:7. What promises do these verses hold? How can you apply them to your present situation?

## Write a Note

- of thanks to someone who has encouraged and enabled your growth
- of request for help to someone who could be with you in your recovery or could pray for you

## Additional Reading

*Boundaries*, pages 239 – 268

STUDENT SHEET FOR LESSON 8:

# Boundaries and Yardsticks

There are twelve steps in the recovery process which can help us measure our progress.

Step #1:

Step #2:

Step #3:

Step #4:

Step #5:

Step #6:

Step #7:

Step #8:

Step #9:

Step #10:

Step #11:

Step #12:

PERSONAL STUDY/REFLECTION SHEET  
FOR LESSON 8:

# Boundaries and Yardsticks

## Journal Assignment

- Reflect upon the boundary relationships/situations you have encountered over the past few weeks. Write down the following:
  - Boundary I set —
  - With whom —
  - Barrier faced —
  - Help received —
  - Outcome —
  - New boundary I want/need to set —
  - Fear I have —
  - Support I need —
  - Baby step to take —
- Continue to use your journal as a tool to help you reflect upon and evaluate your boundaries!

## Scripture Study

- Read 2 Corinthians 12:9. Memorize this verse as a promise.

## Additional Reading

*Boundaries*, pages 269 – 286.

You may want to read the final chapter of this book entitled “A Day in a Life with Boundaries” (pages 287– 296), which is Sherrie (from session 1) now living with real, healthy boundaries.