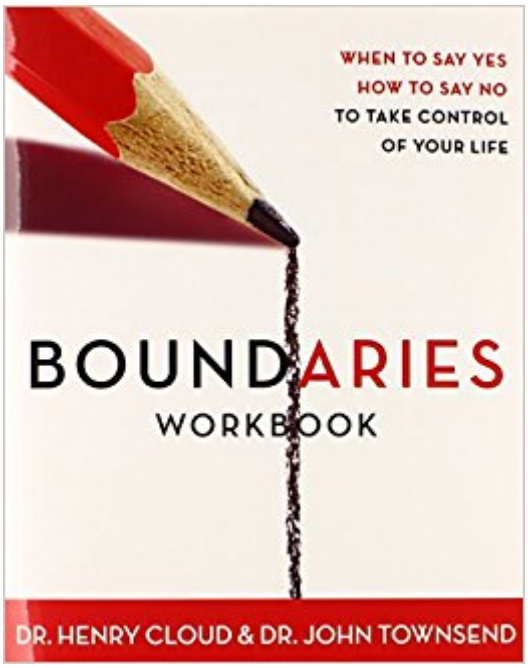
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Boundaries Workbook: When To Say Yes When To Say No To Take Control Of Your Life



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Synopsis

Draw the line . . . Used with its companion book, Boundaries, this workbook will provide practical, non-theoretical exercises that will help you set healthy boundaries with parents, spouses, children, friends, co-workers, and even yourself . . . by drawing on God's wisdom. Being a loving and unselfish Christian does not mean never telling anyone no. This workbook helps you discover what boundaries you need and how to avoid feeling guilty about setting them. It will give you biblically based answers to questions you have about boundaries.

Book Information

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Customer Reviews

'Boundaries define everything from football fields to nation-states, yet our culture has pretended it could violate boundaries in human relationships without serious consequences. Cloud and Townsend examine the damage caused by this flawed view and point the way back.' -- Cal Thomas'Dr. Henry Cloud and Dr. John Townsend have great insights and practical wisdom into the God-given gift of boundaries. As they discuss how to take responsibility for and ownership of our lives, they give hope that we cannot just survive -- but thrive!' -- Josh McDowell, Author'This book is going to provide a doorway of understanding and freedom for those of us who have allowed ourselves to be buried in the inability to say no. Thank you once again, Henry and John, for helping us toward freedom.' -- Rich Buhler, Author'In this insightful and extremely helpful book, you will learn about a simple concept that can change your life: healthy boundaries. It's the ability to mark off your life in such a way that you multiply your love for others and minimize the problems you face.

And it’s waiting for you when you open this book I highly recommend.’ -- John Trent, PhD, President’I’ve heard a myriad of sermons on Christian servanthood that never discussed the value of saying ’NO!’ in order to confront in love or to provide space to recharge the batteries. ’Boundaries’ is the ’Untold Story’ -- the other side of love and servanthood that we need so desperately but that we hear so little about.’ -- Howard G. Hendricks, Chairman

Draw the line . . . Used with its companion book, Boundaries, this workbook will provide practical, non-theoretical exercises that will help you set healthy boundaries with parents, spouses, children, friends, co-workers, and even yourself . . . by drawing on God’s wisdom. Being a loving and unselfish Christian does not mean never telling anyone no. This workbook helps you discover what boundaries you need and how to avoid feeling guilty about setting them. It will give you biblically based answers to questions you have about boundaries.

He makes some excellent points and this definitely influenced how I think about things. However, I disagree with him strongly in one point and I feel that he skirted one important issue. Near the end of the book he gives an example where a child refuses to go to school and the mother realizes she "can’t make the child go to school" but sets the boundary that the child will have to stay in his room if he doesn’t go to school. The problem with that logic is, if you can’t "make a child go to school" how can you "make a child stay in his room"? We can’t make a child enjoy school or even pay attention to the teachers, these things take incentives and consequences, but parents do still need to hold onto the reigns on certain issues. It is a delicate line, but I can and do "make" my children go to school.The other issue is one of an abusive marriage. He talks about putting up boundaries and leaving for the night if these boundaries are violated. This is always done for a short period of time and then the abused spouse returns home. There are situations where this is effective. But in a true abusive situation (physical or mental) it is playing with fire to leave and return over and over. The physical abuser can be deadly. A mental abuser will learn how to better manipulate her victim without his realizing that his boundaries have been violated and thereby twisting reality even further. Any abusive person is not to be trifled with, and without genuine repentance and clear signs of change one is foolish to continue to expose themselves to that risk regardless of history, children, or feelings. For all of his insight, I am shocked that this is not made more clear.

This book has been around for a numberOf years and is as current and applicable as it was upon first writing .... It is broken down into specific chapters that deal with a variety of boundary

challenges we may have . I have found the chapter on Boundary Myths, and boundaries with myself to be particularly helpful.

If you have ever had a one sided relationship with a loved one where they have boundaries of their own but you have never set up boundaries for yourself with them, then you will eventually experience the dire need to set up your own boundaries and know why and how to do just that. I think that this is an amazing book to understand why everyone should have boundaries of some kind in their relationships. I now understand why just being a loving and good person is not the foundation of a good and balanced relationship but is actually the finished part of it. After reading the book, twice, I believe that if a relationship has boundaries on both sides, as a foundation, then the outcome of that relationship will give way to a loving and deep friendship or love relationship and it will foster self respect and respect for others. We all go hay wire in how we deal with our daily lives with others and how we treat them in what we consider good or bad but I now understand that we must not let that be the influence of how we treat others.This book sounds like common sense but is actually more than just that. I love how every chapter, I was able to see a little of me in it and how I could get more from my life and my relationships by being up front in a loving way and knowing that God didn’t make us all just door mats. Christ doesn’t give us anything and everything we want but instead he gives us what he knows we need and what he is willing to give us to build our relationship up with him into one of thankfulness, trust, love and his Grace. I now understand that we are practicing this now so that we can have a closer relationship with Him through eternity. I believe this book is a gift to anyone that reads it.I also read his book "Boundaries with Kids" and highly recommend it to everyone. I don’t think it is just for young parents with growing children or a growing family. I actually read it first and through it wanted to read this book "Boundaries"So many books that try to help us overcome relationships in our lives, stress the good the bad and the ugly. These books written by Cloud and Townsend stress the Golden Rule and it really encompasses loving ourselves through having boundaries before we can love others. The "Kids" book would make the most wonderful gift to a young couple with a new baby. I wish I had read this book when our children were growing up.

Good book. This was recommended to me and it was very helpful for me at a difficult time in my life. I do recommend this book for anyone who having a hard time trying to figure out how to deal with these type of issues.

I've struggled with not drawing proper boundaries in the past and codependency. This book is really helpful, it's Biblically based and sound. It's really helped me to overcome the feelings of guilt I would have by not always being there for people that I perceived needed me.

The topics and content are good. But I'd prefer a "summarized" (condensed) version. It just felt like he took FOREVER to make each point, and then reiterated each one to death with example after example. If you can get past that aspect, or if you're not entirely sold on the idea that you may actually need to set boundaries in your life, then you might get more out of it. I was just hoping for a more "trimmed down" approach, since I'm well aware of the need for boundaries when it comes to work, friends, and family.

This book is truly life-changing! Biblical examples to back up how not to be a door mat but remain or strive to be a good follower of Jesus Christ. I could not put the book down. I also ordered copies for 2 friends and my daughter.

Great book!!! I am very familiar with a few of the scenarios in this book, and some I didn't realy realize that they were boundry issues. This is a great book for anyone feeling overwhelmed.

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