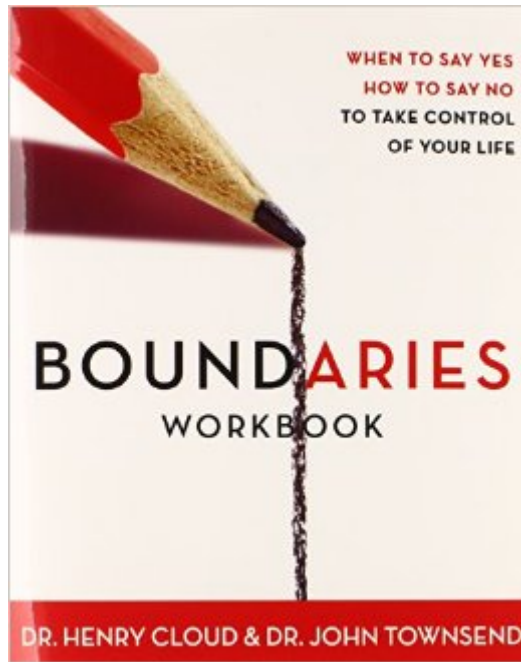


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# Boundaries Workbook: When To Say Yes When To Say No To Take Control Of Your Life



## 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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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (319 customer reviews)

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## Customer Reviews

I read the book and also went through an 8 week course taught by a woman/friend from my church. We used the video tape, the workbook and the bible, it was the most incredible teaching that I have ever experienced and literally has changed my life in the boundary department. I was always saying yes when I wanted to say no. I wanted people to think I was really nice when all the while I was worn out, stressed out and burned out. Though I am a Christian, I was a new Christian at the time and really wasn't up for something really churchy. It was perfect for where I was at and I would recommend it to anyone whatever their spritual belief's might be. I strongly recommend the video, so you can see what we do to ourselves on a daily basis without boundaries in our lives. Thank you for the opportunity to share this. Hope it will help others with their BOUNDARIES in life. Sincerely, Pamela K. Hayes (just got married)

A wonderful workbook to say the least. If you are not familiar with the series, it really works well for nonsecular purposes as well. Information about boundaries is brought forth in a very sensible and non emotional way. The approach is more thoughtful than most nonsecular texts as the spiritual side of our souls is brought into play. What I find most remarkable about this book is that it works so well with the book and the series if you are taking it as a study. The workbook can be used alone without the group study, and asks more probing questions when it comes to defining your own personal boundaries. This book goes further than the book does in asking you what lies behind your boundary issues. I can't give enough high praise of this book and the questions that it asks. This is meant to be used along with the book *Boundaries*, and I would highly recommend purchasing them together.

I purchased both the *Boundaries* book and the *Boundaries* workbook. I would highly recommend that people purchase both. Sometimes when you are just reading a book, the information "goes in one ear and out the other" but with the workbook, you are asked to apply what you have learned to your own life - therefore helping you retain it better. This is a definitely a great companion to the actual "*Boundaries*" book and very helpful with the issue of boundary setting.

What is not clear when you buy this is that you need the original book, not the "new and revised" *Participants' Guide*. This workbook refers extensively to portions of the original book and loses a lot without having the original. It does not relate to the *participants guide*. The substance is good and helpful.

I taught this class and required the *Participants Guide*, but recommended the *Workbook*. If I were to do this again, I would more strongly recommend the *Workbook*, as it goes much further into study and is much more helpful and rewarding. The very nature of this study - is on a schedule (it tries to keep its boundaries!), means that it often brushes over very complex and valuable information, whereas the *Workbook* really causes the reader to think about the information and digest it more completely. I would recommend this book, even without the class.

Do you have trouble saying no? Do people seem to take advantage of you? Is it hard for you to talk about what you feel because you don't think you're important enough or think that you need to sacrifice yourself? Do you guilt-trip others to get your way, or are you being guilt-tripped yourself? Do you believe a "good person" or an "obedient Christian" is someone who always says yes when

asked to do something, someone who always gives in when pushed, or someone who manipulates those kind of people? Then this is probably a good book for you. Boundaries are something that every emotionally healthy person needs, but I don't think they're talked about on a general level. Unfortunately, there are a ton of ways in which experiences in a person's life (especially childhood) can lead to boundary issues, and many aspects of church can intensify those issues. Marriage books and trauma recovery books are good at bringing this issue up, but this book focuses on it from beginning to end and it does a fairly good job of it. Personally, I got the most out of the parts on recognizing boundary issues and on dealing with boundary issues in children. This was actually an especially good book for thinking about child-rearing issues because many boundary issues are rooted in childhood experiences, so much of the book can provide reflections on how you interact with children. I think that the book could have used a lot more discussion of the "controllers" and the "non-responsives", those who don't respect other people's boundaries. The book instead focused on "compliant" and "avoidant". I think those are probably the ones that deserved more time because of how both behaviors can be encouraged in the church context, but I would have appreciated something a little closer to balance because I'm a little more likely to fall in that first group. My greatest complaint of the book was that the authors had a tendency to overuse Bible verses - many of their quotations of the Bible were appropriate, but many others were taken out of context and shoehorned in. There is no necessity to fit in as many Bible verses as you can, and I really feel that quite a number were inappropriately used.

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