

Lesson #2

This lesson will help you see where your boundary problems lie, which will help you fix the problems by getting to the root)

(chapter 3) Boundary Problems

1. Are you a compliant, a controller, a non-responsive or an avoidant? You might be more than one of these. Explain your answer.

2. How strong or weak are your functional and relational boundaries?

(chapter 4) "How Boundaries Are Developed"

1. What was the attitude towards boundaries in the home in which you grew up?

2. Do you have at least one supportive friend with whom you can discuss your new knowledge of boundaries?

3. Was your boundary development injured somehow? What current situations make you answer this way? How was your boundary development hindered?