

### **Lesson #3**

**The 10 laws of boundaries are discussed in this lesson and the next...these laws will open your eyes!**

#### **(chapter 5) 10 Laws Of Boundaries**

##### Law #1- Sowing and Reaping

1. Give an example or two of good things you have sown and reaped a good harvest. Now an example or two of bad things you have sown and reaped a bad harvest.

2. Have you ever been in a codependent relationship, interrupting the natural law of sowing and reaping?

##### Law #2- Responsibility

1. What would you say to someone who asked, "Aren't boundaries selfish?"

2. What behavior of someone's would you do well to put limits on?

##### Law #3- Power

1. Which on the list of powers encourage you most?

2. Which power(s) do you need to begin exercising in your life?

##### Law #4- Respect

1. Do you respect the boundaries of others? Explain.

2. Explain why respecting the boundaries of others is freeing to you.

Law #5- Motivation

1. When have you experienced it being more blessed to give than receive?
2. What step(s) can you take to be free of fear that motivates you?

Law #6- Evaluation

1. Explain the difference between hurting and harming
2. Give an example or 2 of healthy boundaries you need to set (or have set in the past) that may hurt, but not harm, someone.

Law #7- Proactivity

1. List some benefits of the reactive phase.
2. Are you a proactive person, known for your likes, beliefs, etc, or are you known for what you hate, are against, etc?

Law #8- Envy

1. What stirs envy in you?
2. What steps can you take to getting that which you lack?

Law #9- Activity

1. What talents do you have?

2. What talents do you need to begin to exercise?

Law #10- Exposure

1. Are you nervous about setting your new boundaries?

2. With whom will you start setting boundaries first?