

## Running On Empty What If People Get Angry When I Say No?

1. Evaluate \_\_\_\_\_

2. Take responsibility for \_\_\_\_\_

**Matthew 7:12** *Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets.*

Key: Accept that unhealthy people \_\_\_\_\_

**Galatians 6:2** *Carry each other's burdens, and in this way you will fulfill the law of Christ.*

**Galatians 6:5** *for each one should carry their own load.*

Key: \_\_\_\_\_ for how they feel, think, behave, or react

**Ephesians 4:2** *Always be humble and gentle.*

3. \_\_\_\_\_ consequences for boundary violations

**When you** . . . . Describe the behavior that is unacceptable

**I feel** . . . . We start learning to express our emotions in a healthy and honest way.

**I want** . . . . What do you want?

**My new boundary:** Since I am powerless over you, I will take this action to protect myself if you behave in this way.

**Galatians 6:7** *Do not be deceived: God cannot be mocked. A man reaps what he sows.*

**Matthew 10:14** *If someone won't welcome you or listen to your message, leave their home or town. And shake the dust from your feet at them.*

Key: \_\_\_\_\_ determine future behavior not rules

**Proverbs 26:4** *Don't answer the foolish arguments of fools, or you will become as foolish as they are.*

Boundaries are physical, emotional, sexual and mental limits we set in relationships that protect us from being controlled, manipulated, abused, or exploited.

- They are designed to prevent certain behaviors or activities from taking place
- The word "no" is how you set a boundary
- God wants you to set good boundaries
- Consequences are key when boundaries are violated

**Practice setting boundaries:** Complete the following statements:

People may no longer...

I have a right to ask for...

To protect my time and energy, it's okay to...

Then, finish each sentence with at least 12 examples.

### Tips for Setting Healthy Boundaries

\*Do it clearly, calmly, firmly, respectfully, and in as few words as possible. Do not justify, get angry, or apologize for the boundary.

\*Remember you are not responsible for the other person's reaction to the boundary you are setting. You are only

responsible for communicating your boundary in a respectful manner. If it upsets them, know it is their problem. Remain firm. Remember, your behavior must match the boundaries you are setting. You cannot successfully establish a clear boundary if you send mixed messages by apologizing.

\*At first, you will probably feel selfish or guilty when you set a boundary. Do it anyway and tell yourself you have a right to say "no". Setting boundaries takes practice and determination.

\*When you feel anger or resentment or find yourself whining or complaining, you probably need to set a boundary. Listen to yourself, determine what you need to do or say, then communicate assertively.

\*Learning to set healthy boundaries takes time. It is a process.

\*Develop a support system of people who respect your right to set boundaries. Eliminate toxic persons from your life—those who want to manipulate, abuse, and control you.