

I Quit ...Trying To Change Another Person How To Set Boundaries

1. Know _____

Definition: A boundary is simply a property line. It clarifies where you end and the other person begins. You form boundaries with your words, with your actions and sometimes with the help of other people. Boundaries help you to be clear about what you are for and against and what you will and won't tolerate in your relationships. Dr. John Townsend

a) Pay attention to your _____

Galatians 6:5 For we are each responsible for our own conduct.

b) Name the _____

Proverbs 18:9 A lazy person is as bad as someone who destroys things.

c) _____

Proverbs 26:5 Be sure to answer the foolish arguments of fools, or they will become wise in their own estimation.

Key: When _____, you need a boundary

2. _____

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

3. Process their _____

Mark 1:37-38 When they found him, they said, "Everyone is looking for you." But Jesus replied, "We must go on to other towns as well, and I will preach to them, too. That is why I came."

Welcome friend. This emotion _____ (guilt, sadness, fear) I'm feeling... is a perfect opportunity for me to receive your help. I've done what's right—I've spoken the truth in love. Now I surrender the outcome to You. You are offering me peace and rest. I choose Your peace. I will not carry the weight of their emotions. I trust You with what happens next.

Signs It's Time to Set a Boundary

1. You feel consistently drained or resentful.
2. You say "yes" out of guilt, not desire.
If you feel obligated but not willing, you're not operating in love—you're operating in fear.
3. You're enabling harmful behavior.
You're rescuing, fixing, or covering for someone... and it's costing you (and them).
4. You feel responsible for their emotions.
You're walking on eggshells to manage their mood, reactions, or approval.
5. You keep violating your own values to keep the peace.
You're saying or doing things that go against your integrity, just to avoid conflict.
6. There's a pattern of manipulation, disrespect, or control.
They use guilt, fear, or anger to get their way—and you feel powerless.
7. You've brought it up, but nothing changes.
You've been honest and gracious, but they continue to cross the line.
8. You're doing all the work in the relationship.
It's one-sided and unsustainable.
9. You're afraid to be honest.
You fear their reaction more than you trust their love.
10. You can't be yourself around them.
You filter, shrink, or perform—just to be accepted.

How To Set A Boundary

When you description of behavior

I feel express your emotions in a healthy way

I want describe the behavior you want

Boundary: Set the boundary...

If you – describe the behavior that's unacceptable

I will – describe the action you will take to protect yourself

If you continue this behavior – what steps you will take to protect your boundary.

"If you continue to raise your voice or speak to me in a threatening way, I will need to remove myself from the situation and limit contact. If it escalates further, I will involve the proper authorities to ensure my safety."