

Helping Relationships 2

Boundaries Work Study Guide Chapters 9 thru 16

Name: _____ Date: _____

1. Boundaries foster _____ and becoming, instead of two, one.
2. More marriages fail because of _____ than for any other reason.
3. A _____ mirrors the relationship that Christ has with his bride, the church.
4. Problems arise when we make someone else _____ on the other's personhood, when one crosses a line and tries to control the feelings, attitudes, behaviors, choices, and values of the other.
5. One of the most important elements that _____ between two people is the ability of each to take responsibility for his or her own feelings.
6. _____ are also a warning signal telling us that we need to do something.
7. Problems arise when you make someone else responsible for our needs and wants, and when we _____ them for our disappointments.
8. Instead of taking responsibility for people we love, or rescuing them, we need to show responsibility to them by _____ when we see it.
9. Boundaries need to be communicated first _____ and then with _____.
10. _____ is always best.
11. Waiting to trust again is _____.
12. A hurt hearts takes _____ to heal.
13. _____ is always the free choice of one party to another.
14. _____ with the church is a picture of how a husband and wife should relate.
15. Every marriage is made up of two ingredients, _____ and _____.
16. There was no growth without _____ and a facing up to _____.
17. Unforgiving people allow other people to _____ them.
18. Setting and receiving firm boundaries with your spouse can lead to a much greater _____.

19. The _____ is the social unit God invented to fill up the world with representatives of his loving character.
20. The biblical portrayal of God helps show us how _____ is such a vital part of bringing God's own character to this planet in our own little ones.
21. The work of boundary development in children is the work of learning _____.
22. The Hebrew and Greek words that scholars translate as discipline" mean "_____."
23. The positive facets of discipline are _____, _____, and _____.
24. The _____ is sitting someone down to educate and train him in a task.
25. The negative facets of discipline are _____, _____, and _____.
26. _____ discipline is letting children suffer the results of their actions to learn a lesson in responsibility.
27. Good _____ involves both preventive training and practice, and correctional consequences.
28. Our mistakes are our _____.
29. Discipline is an _____, designed to develop internal boundary in our children.
30. _____ is payment for wrongdoing.
31. Punishment looks _____, focuses on making payment for wrongs done in the past.
32. Discipline looks _____.
33. Boundaries are our way of _____ and _____ our souls.
34. Our limits create a spiritual and emotional space, a _____, between ourselves and others.
35. The first aspect of taking ownership over one's needs, is to _____ them.
36. The second aspect of taking ownership is to initiate _____ for ourselves.
37. _____ means allowing a child to experience age-appropriate consequences.

38. Learning to make age-appropriate decisions helps children have a sense of **security** and **control** in their lives.
39. _____ - Delaying one good for a greater good.
40. Learning how to delay gratification helps children have a _____.
41. Heeding others' boundaries helps children to _____.
42. Children need to be given the _____ of having their no respected, and they need to learn to give that same _____ to others.
43. _____, the final step before adulthood, involves important tasks such as sexual maturation, a sense of solidifying identity in any surrounding, career learning, and love choices.
44. And they (teens) should suffer _____ when they cross their boundaries.
45. The too-strict parent runs the risk of _____ the almost-adult from the home connection.
46. Jesus used _____ about work to teach us how to grow spiritually.
47. Work is a _____ activity.
48. Work is the place to develop our _____ in preparation for the work that we will do forever.
49. Favors and sacrifices are part of the Christian life. _____ is not.
50. The Bible requires _____ out of the one who is given to.
51. _____ do two things: they strive to do excellent work, and they spend their time on the most important things.
52. _____ on good things keep them good.
53. Stress is often caused by working with or for someone who is _____.
54. You may want to confront the overly critical person according to the _____:
55. People increasingly come to the workplace wanting the company to be a "_____."
56. _____ comes from owning unmet childhood needs and working them out.
57. _____ at work need to be dealt with and worked through so they do not begin to affect the rest of your life.

58. Our work is part of our _____ in that it taps into our particular giftedness and the exercise of those gifts in the community.
59. You must make sure that your boundaries are strong enough that you do not let others _____ you.
60. Both chronic and bingeing overeaters suffer from an _____ - _____ problem.
61. The problem of our financial outgo exceeding our input is a _____ - _____ issue.
62. The Hebrew word for “_____” refers to the free action of holding back something or someone.
63. An _____ problem is easier to deal with than an _____ one.
64. _____ must come from the outside of ourselves to be useful and healing.
65. Some boundary problems are legitimate, God-given needs in _____.
66. Food addictions and compulsive spending are often reactions against _____.
67. Often, _____ - _____ disguise a need for something else.
68. We need to embrace _____ instead of trying to avoid it.
69. Learning how to develop better self-boundaries is an _____.
70. The five-point formula for developing self-boundaries is _____.
71. A _____ is a person who has, while in a helpless state, been injured by the exploitation of another.
72. _____, the ability to depend on ourselves and others in times of need, is a basic spiritual and emotional survival need.
73. The Bible is a living book about _____.
74. He (God) _____, _____, and _____ his loved ones who are lost and in bondage.
75. And he (God) allows us to experience the _____ of our behavior so that we will change.
76. When we own what is within our boundaries, when we bring it into the _____, God can _____ it with his love.
77. The basic problem in human relationship is that of _____.

78. Jesus was perfected through his _____.
79. _____ is the ultimate responsibility taker.
80. The _____ brings hostile parties together and heals relationships between God and humanity, and between people.
81. The driving force behind boundaries has to be _____.
82. God has secured our _____ and our _____.
83. Part of the process of healing is regaining our _____.
84. The most common resistance one gets from the outside is _____.
85. People who get angry at others for setting boundaries have a _____ problem.
86. The _____ person has a character problem.
87. No weapon in the arsenal of the controlling person is as strong as the _____

88. They (guilt messages) are given to _____ and _____.
89. Guilt messages are really _____ in disguise.
90. Guilt messages hide _____ and _____.
91. Remember, _____ and _____ are the only clear boundaries.
92. Boundaries without _____ are not boundaries.
93. _____ is something that we do in our hearts; we release someone from a _____ that they owe us.
94. The basic rule in biblical recovery is that the life before _____ is not worth holding on to:
95. Many depressed people suffer from a syndrome called “_____,”
in which they have been taught that whatever they do will make no difference on the outcome,
96. Forgiveness has to do with the _____.
97. Reconciliation and boundaries have to do with the _____.
98. Responsibility begins with an _____ of confession and repentance.
99. People with immature limit-setting abilities often find themselves involved with “_____ -
_____.”
100. Our basic sense of ourselves, of what is _____ and _____ about us, comes from our significant, primary relationships.
101. Growth in setting emotional boundaries must always be at a rate that takes into account your
_____.

102. Boundary-injured individuals are _____.
103. Our real target is _____ – the ability to love successfully and work successfully, the way God does.
104. The ultimate goal of learning boundaries is to free us up to _____, _____, and _____ the lives God has given us stewardship over.
105. The reward for their wise boundaries is the joy of _____ fulfilled in life.