

REWIRE

L I F E C O A C H I N G

BOUNDARIES

www.rewirelifecoaching.com

WHAT IS A BOUNDARY?

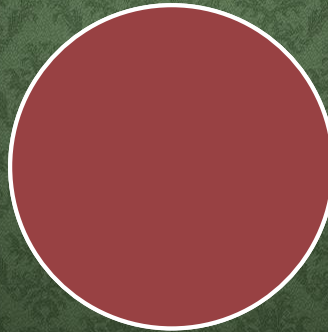


BOUNDARIES:

- 1) Clarify what you are responsible for

WHAT IS ON YOUR PROPERTY?

2 minutes



YOUR F.A.B.

- Feelings



“

**In your anger do not sin: do not
let the sun go down while you are
still angry**

”

Ephesians 4:26

“

My command is this: Love each other as I have loved you

”

John 15:12

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YOUR F.A.B.

- Feelings
- Attitudes



“ You were taught with regard to your former way of life, to put off your old self which is being corrupted by its deceitful desires; to be made new in the attitudes of your minds ”

Ephesians 4:22-23

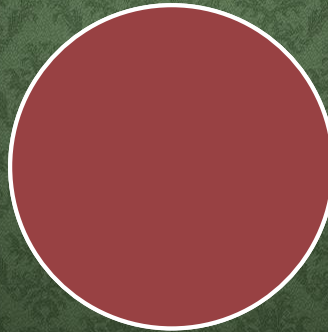
YOUR F.A.B.

- Feelings
- Attitudes
- Behaviours



IN WHAT AREAS AM I NOT BEING A RESPONSIBLE STEWARD OF ME?

2 minutes



“

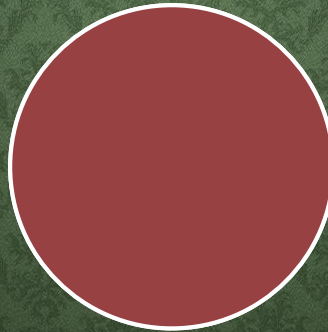
Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

”

Ephesians 4:15-16

WHERE ARE YOU TAKING RESPONSIBILITY FOR SOMEONE ELSE'S LOAD?

2 minutes



“

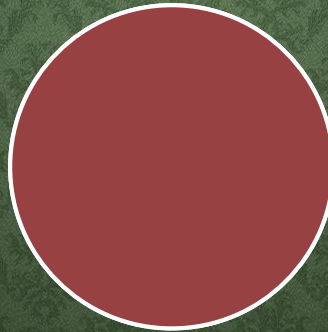
**A hot tempered man must pay the
penalty; if you rescue him, you
will have to do it again**

”

Proverbs 19:19

WHAT ARE MY 'RESPONSIBILITIES TO'?

2 minutes



“

Carry each other's burdens, and in this way you fulfill the law of Christ. If anyone thinks he is something when he is nothing, he deceives himself. Each one should test his own actions. Then he can take pride in himself, without comparing himself to someone else, for each one should carry his own load

”

Galatians 6:2-5

“

**Each of you should give what you
have decided in your heart to
give, not reluctantly or under
compulsion, for God loves a
cheerful giver**

”

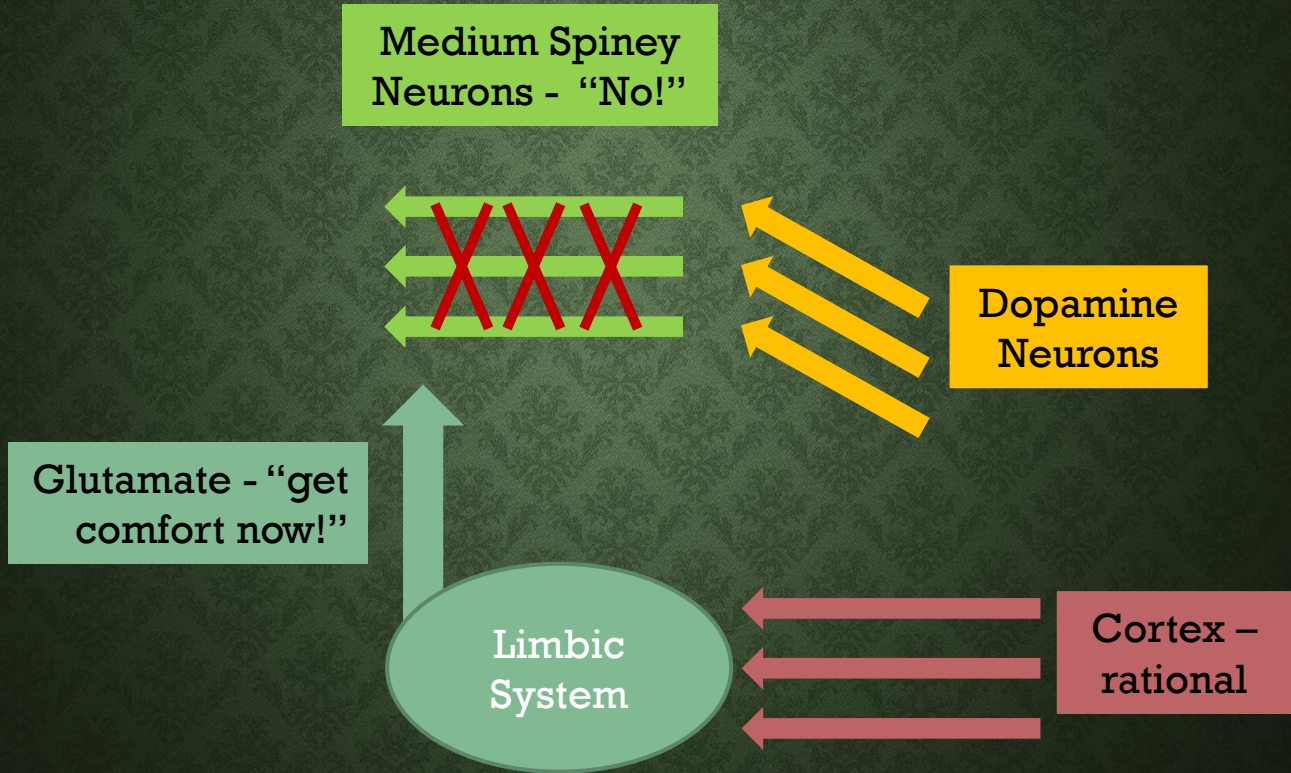
2 Corinthians 9:7

“

**Accept one another, then, just as
Christ accepted you**

”

Romans 15:7



BOUNDARIES:

- 1) Clarify what you are responsible for
- 2) Protect your heart

“

**Above all else, guard your heart,
for it is the wellspring of life**

”

Proverbs 4:23

“

But solid food is for the mature, who
by constant use have trained
themselves to distinguish good
from evil.

”

Hebrews 5:14

BOUNDARIES:

- 1) Clarify what you are responsible for
- 2) Protect your heart
- 3) Allow you to set limits

BOUNDARIES:

- 1) Clarify what you are responsible for
- 2) Protect your heart
- 3) Allow you to set limits
- 4) Protect your freedom

“

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery

”

Galatians 5:1

HOW TO DEVELOPE HEALTHY BOUNDARIES

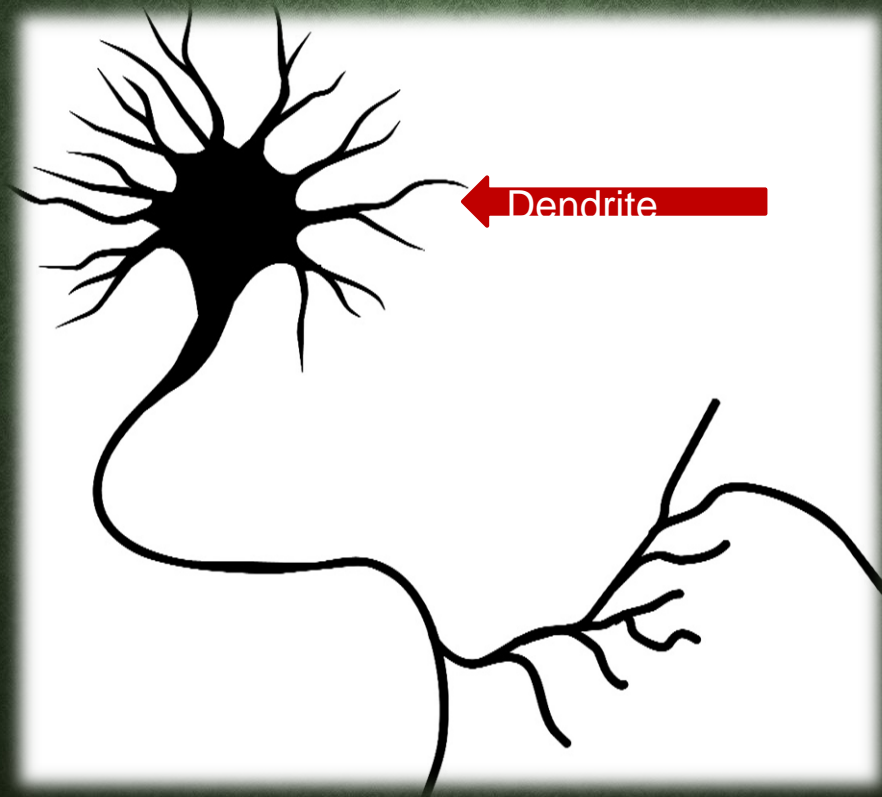
“

You were taught with regard to your former way of life, to put off your old self which is being corrupted by its sinful desires; to be made new in the attitudes of your minds; and to put on the new self created to be like God in true righteousness and holiness

”

Ephesians 4v22-24

NEURON





NEUROPLASTICITY

The brain changes its structure in response to repeated mental activity

GROWTH OF NEURON SYNAPSES



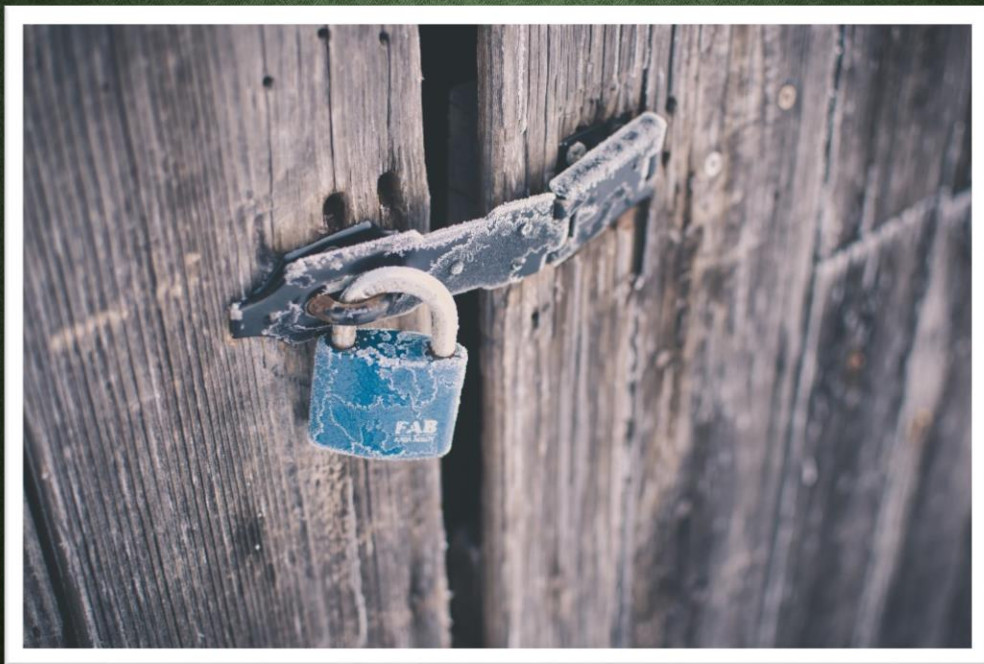
1) DEFINING YOUR PROPERTY



2) TAKING RESPONSIBILITY FOR YOUR PROPERTY



3) PROTECTING YOUR PROPERTY



3) PROTECTING YOUR PROPERTY

- Words
- Time
- Physical distance
- Emotional distance



3) PROTECTING YOUR PROPERTY

- Words
- Time
- Physical distance
- Emotional distance
- Consequences



5) ENJOY YOUR PROPERTY



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Boundaries help us gain control of
our lives to fulfil the greatest thing
we were created for:

to love

THE SERENITY PRAYER

A COURSE BY DR KARA LAWMAN

BOUNDARIES

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LIFE COACHING

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£59 – TODAY ONLY

(price varies depending on group size)

“

Don't look out only for your own interests, but take an interest in others, too.

”

Philippians 2:4

AM I EXPECTING SOMEONE ELSE TO TAKE RESPONSIBILITY FOR MY LOAD?

2 minutes

