**ESTABLISHING RELATIONAL BOUNDARIES**

* Draw a line between your life and the lives of others.
* Take responsibility of your life and let go of the lives of others.
* Stop overstepping the boundaries into someone else’s life.

**PHYSICAL LIFE**

You overstep others’ physical boundaries whenever you try to control their physical behavior, what they do, how they choose to do it, where they go, when they go and so on. Others don’t have to go anywhere with you if they don’t want to. You overstep their boundaries when you endanger their physical well-being, touch them without their consent, invade their privacy (reading text messages or emails), or force them to behave physically or sexually in ways unacceptable to them. You overstep their physical boundaries when you comment on their bodies, what they’re wearing, etc.

**EMOTIONAL LIFE**

You overstep others’ emotional boundaries whenever you try to control, fix, or assume responsibility for how they feel. That includes trying to make them love you, make them happy, or make them sorry for what they have done or try to make them share something with you that they don’t want to. You overstep their boundaries when you try to get them tocarry your burdens, feel your feelings, or worry on your behalf.

**SPIRITUAL LIFE**

You overstep others’ spiritual boundaries when you require them to stifle their spiritual life to make you feel more comfortable or believe unnecessarily that you must stifle your spiritual life to make them comfortable. You overstep others’ spiritual boundaries whenever you take responsibility for their spiritual life: playing God in their lives, convicting them of every little sin, dictating God’s will for them, or using spiritual manipulation (such as saying, “God will punish you for that.”)

**MENTAL & INTELLECTUAL LIFE**

You overstep others intellectual boundaries whenever you think for them, speak for them, or try to solve their problems instead of allowing them to figure things out for themselves. You violate their intellectual boundaries whenever you insist that your way is the only right way. You overstep their boundaries when you play mind games or change your opinions or beliefs to try to be accepted by them. Others are not accountable to you for what they decide to do.

**FINANCIAL LIFE**

You overstep other’s financial boundaries whenever you take responsibility for their financial irresponsibility, take away their financial security, or rely on them financially.

**WHEN OTHERS OVERSTEP *YOUR* BOUNDARIES**

“When to Draw the Line”

**PHYSICAL LIFE**

Others overstep your boundaries whenever they try to control your physical behavior, what you do, how you choose to do it, where you go, when you go and so on. You don’t have to go anywhere with anyone you don’t want to go with. They overstep your boundaries when they endanger your physical well-being, touch you without your consent, invade your privacy (reading text messages or emails), or force you to behave physically or sexually in ways unacceptable to you. Others overstep your physical boundaries when they comment on your body, what you’re wearing, etc.

**EMOTIONAL LIFE**

Others overstep your boundaries whenever they try to control, fix, or assume responsibility for how you feel or make you share with them anything that you don’t want to. That includes trying to make you love them, make you happy, or make you sorry for what you have done. They overstep your boundaries when they try to get you tocarry their burdens, feel their feelings, or worry on their behalf.

**SPIRITUAL LIFE**

Others overstep your spiritual boundaries when they require you to stifle your spiritual life to make them feel more comfortable or believe unnecessarily that they must stifle their spiritual life to make you comfortable. They overstep your boundaries whenever they take responsibility for your spiritual life: playing God in your life, convicting you of every little sin, dictating God’s will for you, or using spiritual manipulation (such as saying, “God will punish you for that”).

**MENTAL & INTELLECTUAL LIFE**

Others overstep your boundaries whenever they think for you, speak for you, or try to solve your problems instead of allowing you to figure things out for yourself. They violate your intellectual boundaries whenever they insist that their way is the only right way. They overstep your boundaries when they play mind games or change their opinions or beliefs to try to be accepted by you. You are not accountable to others for what you decide to do.

**FINANCIAL LIFE**

Others overstep your boundaries when they take responsibility for your financial irresponsibility, take away your financial security, or rely on you financially.

***Have you met JADE? She has great boundaries. She doesn’t Justify, Apologize for, Defend, or Explain her choices. “No.” and “Stop.” are complete sentences.***