

TIPS FOR HEALTHY BOUNDARIES

Be honest. See things the way they are, not the way you want them to be. Your preferences don't determine reality. It's okay to dream and hope. It's okay to pursue growth and the ways situations and relationships can get better. In that pursuit, be healthy. If you aren't healthy through the process, the situation and relationship cannot become healthy.

Be respectful. Even when you need to step away from someone, you can be respectful. Being firm and honest are not separate from respect. Everything we do and say can be infused with respect. When you don't extend respect, it's difficult to have respect for yourself or establish respect in other relationships.

Consider the future. Refuse to respond in the way that feels the best right now. Imagine what you want a relationship to look like several years down the road, and plant those seeds today, even if it's simply minimizing contact in order to minimize damage for now. The relationship might not work out the way you prefer, but you'll be assured you did what you could to prepare the way just in case.

Notice the boundaries. We set boundaries with every single situation and relationship, even when we don't pay attention. Be intentional about the boundaries you establish and revise. Every boundary you set (or fail to set) has an impact on you and other people. Poor boundaries lead to poor relationships. Build character that is firmly established in healthy boundaries.

Maintain safety and accountability. In a situation in which someone cannot be trusted—physically, emotionally, or spiritually—when communication is necessary, build accountability by involving someone you trust, being sure there is a written record, and so on.

Apply wisdom, truthfulness, and courage. Let God determine when and how you stand up, sit down, speak up, and shut up.

Check out *Fractured Into Wholeness* by Susan H. Lawrence on Amazon, available in print and ebook formats.

For more resources and daily encouragement, visit PurePurpose.org.