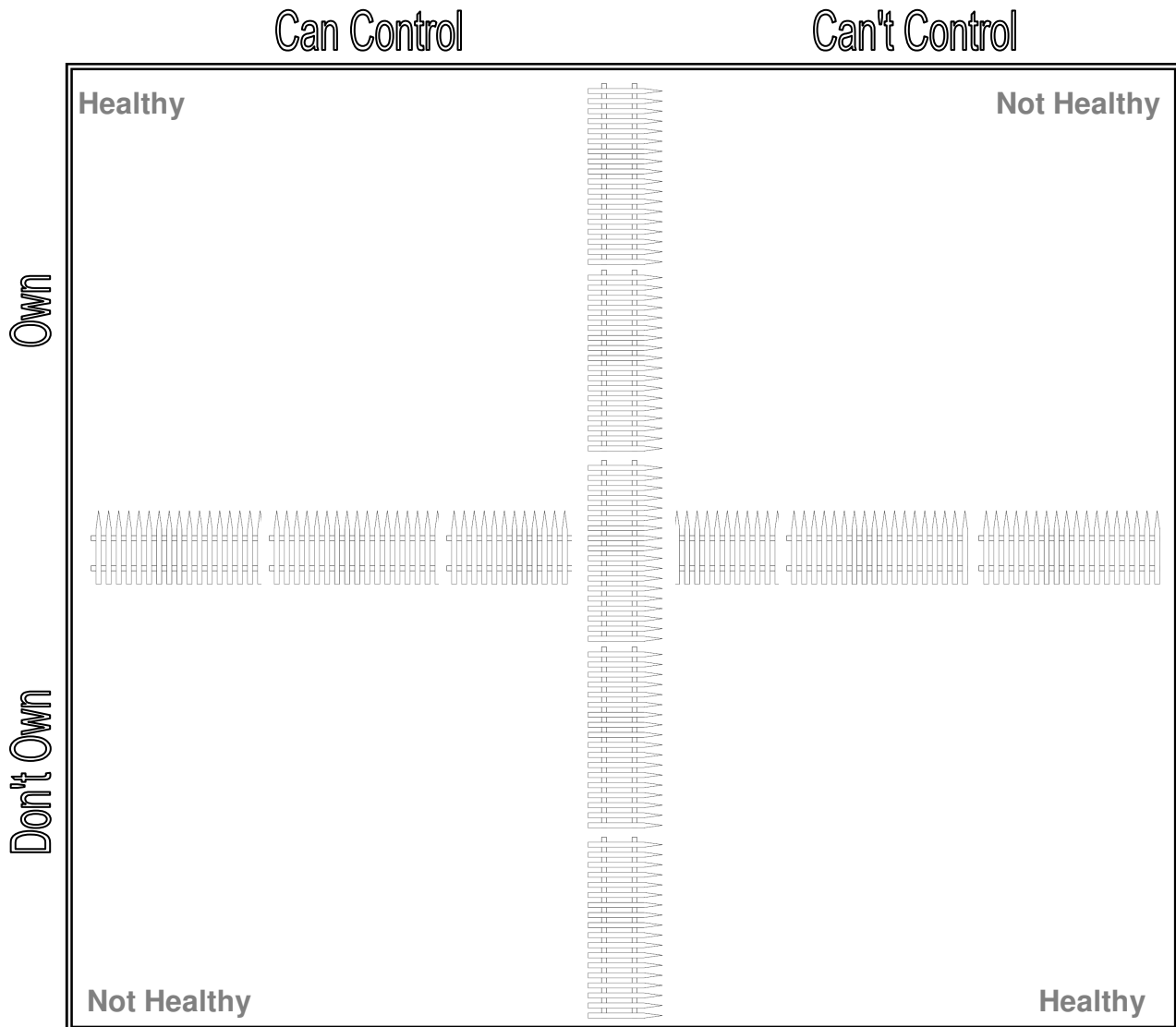


Ownership vs. Control



Boundaries, like fences help us establish (1) what we are, or are not, responsible for (2) and what responsibilities we do, or do not, own. When you own things that you are not responsible for or can't control it is emotionally unhealthy. When you don't own things that are your responsibility and can control it is equally unhealthy.

Here are some examples of boundaries.

Words, Truth, Geographical Distance, Time, Emotional Distance, Other People (Support network), Consequences, etc.

Below are things that fall into our boundary lines, things that we own and can control.

OUR . . . Feelings, Attitudes & Beliefs, Behaviors, Choices, Values, Limits, Talents, Thoughts, Desires, Love, etc.