

Boundaries Small Group Study – 8 Sessions

Boundaries Session 6: A Course of Recovery

In Session 6, Dr. Townsend outlines nine steps needed for recovery from a lack of boundaries. Even though you meant well, you participated in causing the problems that resulted in your own life and the lives of others. These steps are the key to change; you need to be patient and not skip them, as they are essential for you if you want to be able to set boundaries in a healthy way.

Small group discussion questions:

1) Which 2 steps will be most helpful to you? Why?

2) Which of the steps will be most challenging - and why?

3) Why does 'Say No to the Bad' come so late in the process? Why is it of value to you?