

Boundaries Small Group Study – 8 Sessions

Boundaries Session 7: Resistance to Boundaries

Establishing and maintaining boundaries takes a great deal of work. In moving toward recovery or growth, you are certain to encounter some resistance. This resistance may come from either external or internal sources; both types can be difficult to deal with, and you will need support from others. Join Dr. Cloud as he helps you prepare for the resistance you will experience as you begin to live a life with boundaries.

Small group discussion questions:

1) What external resistances are you experiencing? What is your strategy to deal with these?

2) What internal resistances are you experiencing? What is your strategy to deal with these?

3) What support system will you find to help you with your boundary struggles? Will you ask certain people for a commitment to help? Who are these people?