

## Boundaries Small Group Study – 8 Sessions

### Boundaries Session 8: Yardsticks-Measure your Success

In Session 8, Dr. Townsend will provide a list that will help you to measure your growth and progress in implementing boundaries. You have learned that boundaries are a way of life; and although you will experience some failures along the way, failures are part of the journey. You can learn to say no to the bad and yes to the good – and in this last session on Boundaries, you will be able to see how you are making progress toward living the life God designed you to live.

#### Small group discussion questions:

- 1) In measuring your success, how is acknowledging your resentment and negative feelings part of the growth process?
  
  
  
  
  
  
  
  
  
  
- 2) Pick two of these steps and discuss why these are encouraging to you.
  
  
  
  
  
  
  
  
  
  
- 3) What is the difference between a *baby no* and a *grown-up no*?
  
  
  
  
  
  
  
  
  
  
- 4) How will you insure that you continue to grow and get the support you need to be a boundary loving person?