



The Catalyst Series • Part 10

# Boundaries as Bridges

## The Concept

"A boundary is not a wall. It is a gate. It teaches people how to love you."

We often fear that setting boundaries will destroy our relationships. We think, "If I say no, they will leave."

The truth is the opposite. **Resentment** destroys relationships. Boundaries save them. A boundary says, "Here is what I need to feel safe and respected so I can stay close to you."

## The Formula

A boundary is not a demand ("You must stop doing X").

A boundary is a plan for your own behavior ("If you do X, I will do Y to take care of myself").

# Demand vs. Boundary

## The Demand (Controlling)

- "Stop yelling at me!"
- "You have to answer my texts!"
- "Don't drink around me."

Focus is on changing THEM.

## The Boundary (Empowering)

- "If you yell, I will leave the room."
- "I will answer texts between 9am and 5pm."
- "If you drink, I will go home early."

Focus is on protecting YOU.

## Deep Reflection: Draw the Line

### Where are you resentful?

Resentment is the signal that a boundary has been crossed.

### Write the Boundary

Use the format: "If [Event] happens, I will [Action]."

# The Turning Point: The Follow-Through

Are you willing to actually do it? A boundary without enforcement is just a suggestion. Write down the first step you will take to communicate or enforce this boundary.

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