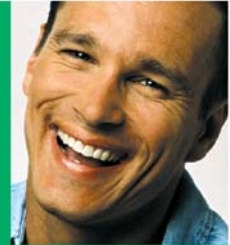




got volunteers?



The 2003 Promiseland Conference

March 12-14 at Willow Creek

Boundaries: Creating Your Internal Compass

With Henry Cloud

Session Speaker & Goal

Henry Cloud is a renowned speaker, psychologist and co-host of the nationally broadcast *New Life Live!* radio program. He is co-founder of the Cloud-Townsend Clinic and Cloud-Townsend Resources, and a doctoral graduate of the Rosemead Graduate School of Psychology at Biola University. Some of his best-selling books include *Boundaries*, *Boundaries in Dating*, and *Boundaries in Marriage*.

Session Goal

To identify a pathway to developing healthy boundaries.

Boundaries: Creating Your Internal Compass

I. What are Boundaries?

A. Why “Boundaries” in a Children’s Ministry conference?

B. Definition of “Boundary”:

C. The Purpose and Function of Boundaries:

D. The Result:

E. Examples:

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II. How Do I Get Boundaries?

A. The 10 Laws that Govern Boundaries

1. Sowing and Reaping
Key question: Who is reaping the consequence?

2. Responsibility To/Responsibility For
Key question: Am I being responsible to myself or for others?

3. Power
Key question: What do I have the power to control?

4. Respect
Key question: How do I respect the boundaries of others?

5. Motivation
Key question: Am I doing this out of guilt/obligation or out of freedom?

6. Evaluation of Pain
Key question: Is this pain real or imagined?

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7. Proactivity
Key question: How can I deal with problems before they happen?

8. Envy
Key question: Am I looking “in other people’s yards”?

9. Activity
Key question: Do I realize that the 1st step is always mine?

10. Exposure
Key question: Am I keeping short accounts?

B. Examples of Boundaries

1. Words

2. Policies

3. Values

4. Consequences

5. Separation

6. Time Out

Boundaries: Creating Your Internal Compass

C. Why We Don't Have Them

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III. The Path to Healthy Boundaries

A. Get Plugged In To Community

B. Figure Out Your Fears

C. Figure Out What Laws Apply

D. Set Limits

E. Deal with the Fallout

F. Fail

G. Get Plugged in Again...

Book & Resource Recommendations

God Will Make A Way, Cloud & Townsend, Integrity Publishers, 2002.

Boundaries, Cloud & Townsend, Zondervan Publishing, 1992.

Changes that Heal, Henry Cloud, Zondervan Publishing, 1992.

How People Grow, Cloud & Townsend, Zondervan Publishing, 2001.