

**Principle # 5: Setting Healthy Boundaries**  
**Proverbs**

**Definition of Boundary:** A line that distinguishes what is \_\_\_\_\_ from what is someone \_\_\_\_\_.

Five Healthy Boundaries

1. \_\_\_\_\_ Boundaries
2. \_\_\_\_\_ Boundaries
3. \_\_\_\_\_ Boundaries
4. \_\_\_\_\_ Boundaries
5. \_\_\_\_\_ Boundaries

Life Principle #5: Establish Healthy Boundaries: Don't let someone else's \_\_\_\_\_ become your \_\_\_\_\_.

You are responsible \_\_\_\_\_ people, not \_\_\_\_\_ people.

Application – Five Ways to Establish Healthy Boundaries

1. Determine if this is something \_\_\_\_\_ holds you responsible for.
2. Learn to say \_\_\_\_\_.
3. Stop making \_\_\_\_\_ for their behavior.
4. Establish \_\_\_\_\_ when others act in inappropriate ways.
5. Communicate your boundaries to the other relevant person(s) without an \_\_\_\_\_ that they will agree or support your boundary.