

*Boundaries 101:
A Guide To Less
Crazy-Making in Life &
Relationships*

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Have you ever had a family member or friend just not understand you or completely disregard your feelings? It sucks; kinda feels like a sucker punch in the gut, and it hurts all the more because it is from someone who loves you and cares for you.

How do you typically respond in situations like that?
(Jot down the first thoughts that come to mind...)

Were you patient, calm, and forgiving; handling this person with charity and firmness? Or did you internalize your negative feelings on the situation, inwardly brewing about how you felt hurt and becoming resentful?

How to deal with people in relationships can be some of the toughest, messiest lessons we learn in life. All of us humans are flawed and sinful, so when you put us all together very often people can be hurt and mistreated. Unfortunately we don't get a manual in kindergarten that explicitly describes how to handle the mean kids, bullies, or people who don't respect or treat you well.

We all learn through our own mistakes along the journey of life. Not everyone grows up in a family where they are taught how to handle their big feelings or know how to process them in a healthy way. Not all of us know how to separate ourselves from manipulative, controlling people. Some of us have trouble standing up for ourselves and expressing our needs in clear, healthy ways.

Regardless of what you were taught in your family of origin, you can learn how to walk away from the chaos and crazy-making in your life and relationships with all types of people in your life.

You don't have to stay stuck.

We can learn, and we can try new opportunities. We can step outside our comfort and challenge ourselves to grow stronger and wiser. When we learn new tools and coping skills, we become empowered and more self-aware, which then allows us to become more discerning in how we live life and how we interact with the people we engage with.

Enter in *Boundaries*.

Learning to live your life with boundaries will grow and stretch you like a rubber band. It will feel frustrating and maybe even difficult at times, but as I am learning in my own life, sometimes growth like that is the most positive and life-changing. I am certainly not claiming to be an expert here. I am sharing with you what I have learned along my journey so far – giving you some practical, relevant tools to help you create your own boundaries toolbox and showing you how to implement them in daily life.

So are you ready to say goodbye to less chaos and crazy-making in your own life and relationships??

For a good, long while now I have been mulling over in my head the idea of writing an e-book to offer to readers of my blog. I wanted it to be something of practical value they could use in everyday life.

One of the most life-changing books I have ever read was [Boundaries: When To Say Yes, How to Take Control of Your Life](#). This book came at a time in my life where my former-husband and I were beginning to work through some very difficult, painful issues in our marriage. Doing my own boundary work then and now, has helped me not only survive but thrive after the painful reality of divorce. Reading about and implementing boundaries in my life changed how I view myself, treat others, and how I allowed others to treat me. It gave me courage and has empowered me in more ways than I can count. It has set me free from living life afraid what people think or say about me. Learning to live life with boundaries has changed me to the depth of who I am.

Boundaries are something that will change your life. And we all need them. Life with boundaries is healthier, safer, and protects you from being drawn into the crazy making of other people. And honestly, who doesn't want less crazy making and more peace?! I know I want more peace and learning how to live life with boundaries has been one of the most life-changing experiences of my life thus far.

THIS E-BOOK WILL BE SPLIT INTO FIVE DIFFERENT SECTIONS:

1. WHY BOUNDARIES?
2. DEFINE BOUNDARIES -WHAT THEY ARE, ARE NOT
3. DIFFERENT TYPES OF BOUNDARIES
4. IMPLEMENTATION OF BOUNDARIES IN DAILY LIFE
5. ENFORCE -WHAT HAPPENS IF PEOPLE DON'T RESPECT MY BOUNDARIES?
+ CONCRETE TOOLS/TIPS
6. CONCLUSION
7. HELPFUL RESOURCES- BOOKS TO READ, TOOLS THAT I HAVE FOUND
VERY HELPFUL IN MY OWN LIFE/RELATIONSHIPS

It is my great hope and prayer this will be a resource that empowers and strengthens you; that this little e-book gives you permission to stand up strong to grow in healthy relationships and protect yourself from the unhealthy, crazy-making ones. You are so worth it. Don't ever let anyone make you feel otherwise.



J. Why Boundaries?

The life situations that have taught me more about myself and how to live with boundaries in a healthy way were not always easy or pleasant. My short lived marriage, the painful issues we faced, and our divorce gave me a crash course in boundaries. While many times it was painful and difficult, I am truly grateful for all that God taught me during that time and how He is using it to make me a stronger, healthier, and more courageous woman. The pain has helped empower me to face my own wounds and brokenness and do the important of work thriving in spite of all of this, not just surviving.

In my marriage, as issues I didn't know about before marriage came to light, it became completely overwhelming at times to live in the same home as my husband. It was exhausting, stressful, and painful. I tried to manipulate and control him. I used my un-processed emotions of anger, hurt, and fear as a way to try to stay in control when everything in my life felt so out of control. I was a controlling, mothering, co-dependent who rationalized my ways as just "trying to fix my husband and make things better." And to a certain degree I enabled and mothered him till I was blue in the face. Thankfully, I can now look back and see I was trying to find a way to live in peace and safety; the only thing missing was a healthy, life-giving way of doing so. Enter in this [life-changing book](#) by Drs. Cloud and Townsend.

I felt like a deer in the headlights, and that feeling indicated to me that I needed to better understand this concept, and it was probably all the more reason I should check out the book. I devoured the book-my current copy is highlighted all over and the pages dog-eared left and right. The first copy I borrowed from the library I had to go through and erase my own notes, close to 20 some pages. I talked about this concept constantly with other

women in recovery groups. I wrestled with how to live out this perspective in a turbulent marriage. I read books with similar themes and topics. I journaled like crazy and searched for reputable articles on the internet. I was desperately seeking answers and tools to help me make sense of what I was facing in my marriage.

So you might be thinking, "Great Patty, that's nice for you but why do I need boundaries?" Well because in our relationships is where we learn how to deal with and interact with people. Because intimate relationships are critical to your own growth and healing, it is essential to learn how to safeguard them from destructive and unhealthy relational dynamics. We implement this in our lives by setting appropriate boundaries in all of our relationships, and yes even boundaries with ourselves.



J.J. Define Boundaries

So let's start with the basics. What exactly is a boundary? A boundary is a property line—a way to define where we, and our responsibilities, begin and end. Boundary lines mark and define where another person's yard starts and ends. Boundaries provide safety, define healthy behavior in relationships, and help you respond to unhealthy behavior. Boundaries say, "I belong to me and you belong to you."

Boundaries allow us to defend ourselves physically, emotionally, and spiritually against danger. Their ultimate purpose is to set the tone for mutual respect in relationships.

Think of it this way: you have a neighbor who keeps his yard a total mess...lawn unkept, dog poop and trash everywhere, and smells that could kill an elephant. If you randomly went into your neighbor's yard and started cleaning it up yourself you would be trespassing; going into a place you are unwanted, and trying to clean up a mess that wasn't yours to begin with. That is living life without boundaries: going somewhere uninvited to "fix" a mess that isn't yours to fix.

Boundaries are...

- USED TO DEFINE THE LIMITS IN RELATIONSHIPS
- IN PLACE AS TRUST IS REBUILT IN RELATIONSHIPS
- HEALTHY RESPONSES TO WHEN ANOTHER HURTS YOU
- IN PLACE TO KEEP YOU SAFE AND EMOTIONALLY HEALTHY
- YOUR PROTECTION AGAINST REPEATED HARM
- LIFE-CHANGING TOOLS THAT CAN BE USED AND IMPLEMENTED IN ALL YOUR RELATIONSHIPS
- ARE THE OPPOSITE OF BECOMING RESPONSIBLE FOR ANOTHER PERSON'S PROBLEMS OR ISSUES

Boundaries are not...

- METHODS OF FORCING BEHAVIORS
- WAYS TO CONTROL ANOTHER PERSON
- USED TO EMOTIONALLY DISCONNECT
- WAYS TO AVOID DEALING WITH PAIN
- ABOUT MANIPULATION OF OTHER PEOPLE OR SITUATIONS
- PUNISHMENTS
- ABOUT TAKING RESPONSIBILITY FOR ANOTHER PERSON/THEIR ISSUES

Each person has his or her own yard to care for. Boundary lines help keep you safe and from getting overly involved in another person's yard. They also protect you from allowing unhealthy people or situations into your own yard. You alone are responsible for yourself and what is in your yard, and the same goes for anyone else too.

Taking responsibility for only what is in your yard is empowering and will make you a stronger person.

A healthy understanding and application of boundaries was very difficult for me at times due to the difficult issues in my former marriage that I was trying to figure out and work through. The challenge became determining the difference between healthy boundaries and the many unhealthy ways my then husband and I were responding to each other. As I slowly began to understand and apply these principles in my own life, I began to see how this new knowledge was beginning to change my involvement and interaction with all types of relationships in my life.

III. Different Types of Boundaries

There are also different types of boundaries-personal, relational, and internal.

Personal boundaries are about how YOU respond to yourself. Your own triggers, trauma, and emotional responses may sometimes lead you to unhealthy ways of coping. Personal boundaries allow you to make healthy choices in the face of powerful emotional triggers or past trauma. For example, when I see a scantily clad woman in the grocery store, I can choose how I allow that to affect me emotionally. A healthy response would be to pray for her or to repeat in my head "The way that woman dresses is about her, not me." An unhealthy response would be to get bent out of shape and think negative thoughts about her, or compare my body to hers, or make mean, judgmental comments about her in my head.

SOME EXAMPLES OF PERSONAL BOUNDARY STATEMENTS ARE:

- *"I CAN CHOOSE HOW TO RESPOND TO HURTFUL, INSENSITIVE COMMENTS FROM RELATIVES WHO DO NOT REALLY KNOW ME OR UNDERSTAND MY SITUATION."*
- *"I CAN DECIDE WHEN AND HOW TO BEGIN TO TRUSTING SARAH AGAIN AFTER SHE GOSSIPED ABOUT MY BOYFRIEND."*
- *"I CHOOSE TO NOT BE RESPONSIBLE OR CARRY THE SHAME OF STEVE'S ALCOHOLISM. THAT IS HIS ISSUE."*
- *"I CAN CHOOSE TO LOVE AND RESPECT MYSELF AND LOVE MY BODY JUST THE WAY I AM."*
- *"I WILL NOT ALLOW KATE TO USE, CONTROL, OR MANIPULATE ME. I WILL STAND UP FOR MYSELF AND CLEARLY EXPRESS MY NEEDS AND EXPECTATIONS IN A RESPECTFUL MANNER."*

- *I CAN CHOOSE HOW OFTEN I WANT TO BE AROUND MY IN-LAWS, ESPECIALLY AFTER THEY'VE ACTED HURTFUL TO ME. I NEED TO DO WHAT IS EMOTIONALLY SAFE FOR MY FAMILY AND I.*
- *I CAN CHOOSE HOW MUCH I LET THE STRESS OF MY JOB AFFECT MY HOME LIFE. I WILL MAKE TIME FOR ACTIVITIES THAT HELP ME DE-STRESS AND ENJOY LIFE MORE OUTSIDE WORK.*

Relational boundaries are set and lived out in all your relationships outside a significant other (spouse, parents, family, friends, co-workers, in-laws, etc). Your relational boundaries define how much emotional (or physical) space you need between you and others to feel safe. These boundaries define how you will respond when others act or refuse to act. Strong, intact relational boundaries will help protect you and keep you safe, when the people around you are emotionally unsafe or do not respect your boundaries. Your own boundaries can keep you safe even when others are not yet ready or able to keep you safe.

SOME EXAMPLES OF RELATIONAL BOUNDARY STATEMENTS ARE:

- *"IF YOU ARE GOING TO SPEAK TO ME IN A DISRESPECTFUL TONE, I WILL SIMPLY WALK AWAY UNTIL YOU CAN BE CALM. I WILL NOT ALLOW MYSELF TO BE DISRESPECTED OR VERBALLY ABUSED."*
- *"I WILL NOT ALLOW YOU TO TRY AND GUILT TRIP ME BECAUSE I AM UNABLE TO SEE YOU FOR YOUR BIRTHDAY. AS I MENTIONED, BEFORE I HAVE A PREVIOUSLY SCHEDULED COMMITMENT. I WOULD LIKE TO SEE YOU ANOTHER TIME TO CELEBRATE YOUR BIRTHDAY, BUT I WILL NOT ALLOW YOU TO MAKE ME FEEL BAD THAT I CANNOT MAKE THE ACTUAL DATE."*
- *"IF YOU CHOOSE TO CONTINUE TO BE DISHONEST WITH ME, THAT TELLS ME YOU ARE NOT A TRUSTWORTHY PERSON. SHOULD THAT BE THE CASE, I WILL WITHDRAW FROM YOU AND POSSIBLY END THE RELATIONSHIP."*

Internal boundaries are a little more tricky to explain perhaps, so I will try to do so with an analogy my own therapist shared with me. Imagine inside your body is this invisible zipper, only you have access to it as the owner of your physical body. You can control how much it is zipped up or how little it

is zipped. Only you can control how much you allow in to affect your emotions, feelings, and mindset. So think of internal boundaries as your own personal safety mechanism, your own zipper. My therapist would say to me, "Patty in that situation were you emotionally zipped up? Did you protect yourself before seeing or talking to that person or getting into that situation?"

What she meant by these questions, was that I have the power (with the help of my zipper/internal boundaries) to control how much I let other's words, actions, and attitudes affect me. Learning this specific piece on boundaries has been so helpful for me with difficult people or relationships in my life; heck, it even helped with that phone call from a cranky parent or the guy that cut me off in traffic yesterday. No, we do not have the power to control or change anyone, but we do have control over how we act and HOW MUCH we allow other people and situations to affect us. We cannot control how other people act, but we can choose how to respond. We don't have to react.

So the next time you find yourself just responding to another person's actions or words, stop and immediately ask yourself the following questions:

1. Was I emotionally zipped up before engaging in this situation or with this particular person?
2. Am I giving this person or situation more power than it deserves to control and upset me?
3. What can I learn from this situation?
4. What can I do differently in the future?

IV. Implementing Boundaries

One of the hardest things for me as I learned about boundaries in my own therapy, was the frustration and overwhelming feelings of how to enforce them and what to do if someone doesn't accept my boundary. Are you feeling that way too? Honestly it's okay, and all this boundary stuff is a life-long process so don't feel like you have to suddenly acquire boundary skills like an Olympian. I know I am certainly not there. Don't give up, I promise it is so very much worth it.

So how are you doing? Let's take a minute or two to re-group and focus. Take a few minutes now and think about the people in your own life you need to create boundaries with.

Whom are those people? How can you implement boundaries in those relationships?

You may not always even verbally share every boundary you set with other people. Some may just be for you (personal or internal boundaries) and some people may not be safe to tell. However, if you are dealing with the following types of people, it is critical you make him or her aware of your boundary:

- a controlling parent or in-law
- emotionally needy or manipulative people
- a liar
- an addict
- friends or co-workers you feel like you can't just say no to
- someone who is using you for what you can provide them and not loving you for who you are
- did I leave anything out?

Implement:

1. IDENTIFY THE PEOPLE OR SITUATIONS IN LIFE YOU MAY NEED A BOUNDARY WITH.
 - FOR EXAMPLE, YOU HAVE A DIFFICULT SIBLING OR PARENT YOU REALIZE YOU SHOULD DEAL WITH.
2. IDENTIFY THE BOUNDARY PUSHING BEHAVIOR.
 - YOU ARE VERY UNCOMFORTABLE HOW YOUR BROTHER OFTEN TRIES TO GUILT TRIP YOU INTO HELPING OR DOING THINGS WITH HIM. YOU FEEL INTIMIDATED AND UNABLE TO EXPRESS HOW THIS REALLY MAKES YOU FEEL.
3. THEN IDENTIFY AND NAME WHAT YOUR BOUNDARY WILL BE.
 - THE NEXT TIME YOUR BROTHER ART TRIES GUILT TRIPPING YOU WILL SHARE WITH HIM HOW THAT MAKES YOU FEEL. *"ART, WHEN I HEAR YOU SAY YOU ARE ANNOYED I CAN'T VISIT THAT WEEKEND. WHAT I THINK IS YOU DON'T UNDERSTAND HOW BUSY MY LIFE IS WITH GRAD SCHOOL RIGHT NOW. AND ABOUT THAT, I FEEL FRUSTRATED."*

Another example: You have a co-worker who constantly hangs out at your desk thorough-out the day while you are trying to get your work done. It usually deals with gossip about other co-workers, and you don't feel comfortable, not to mention trying to get your work done. You could say, "Sarah, when you stop by my desk regularly throughout the day to chat and gossip what I think about that is that you don't see I am trying to stay focused on getting my work done. Or that I do not enjoy hearing talk like that about my co-workers. And about that I feel frustrated and annoyed."

Or perhaps you have a MIL who constantly gives your children gifts you are not comfortable accepting. "Judy, when you give gifts to the kids Derek and I do not approve of in our home, what I think is that you don't respect our role as their parents trying to keep them safe, and about that I feel hurt and frustrated."

A helpful tool my own therapist shared with me was how to talk with another who perhaps is not emotionally safe or doesn't respect and honor your boundaries. This is called a feedback format or what I like to call it "my sound bite." That way, if I feel nervous or anxious in how to respond, I can go right back to this tool without stepping outside of my integrity. You are trying to fully listen to the other person, even if you'd rather punch them straight in the nose.

Here's what you say bit by bit:

1. *"WHEN I HEARD YOU SAY"*
REPEAT EXACTLY WHAT THE PERSON SAID WORD FOR WORD. BY REPEATING WHAT THEY SAID, YOU PROTECT YOURSELF FROM BEING ACCUSED OR MANIPULATED BECAUSE YOU ARE REPEATING THE WORDS THEY JUST UTTERED. JUST REPEAT WHATEVER THE PERSON SAID.
2. *"WHAT I THOUGHT ABOUT THAT IS...."*
YOU ARE NOW STATING YOUR PERCEPTIONS, THOUGHTS, INTERPRETATION OF WHAT THAT INDIVIDUAL SAID TO YOU
3. *"AND ABOUT THAT I FEEL..."*
SHARE YOUR EMOTIONS HOW ON WHAT HE OR SHE SAID MADE YOU FEEL (ANGER, FEAR, JOY, PASSION, PAIN, SHAME, LOVE, JOY, OR GUILT).

So let's say your best friend made a rude, insensitive comment to you in public in front of other people. Here is how you would use the sound bite:

"Amy, when I heard you say you thought that dress looked a little tight on me what I thought about that is you know I have struggled with my weight"

for awhile and about that comment I felt hurt and sad."

Here's another example in how to use the feedback format in a different situation. A co-worker accused you of mis-handling some important paperwork and she is threatening to tell the supervisor.

"Jane, when I heard you say I lost the important form for our supervisor what I thought about that is that you are looking for someone to place the blame on and about that I felt angry and shame."

Points To consider...

1. BE VERY CLEAR FOR YOURSELF ON YOUR BOUNDARIES. MAYBE EVEN HANG THEM IN A PLACE YOU'LL CONSTANTLY BE REMINDED AND AFFIRMED OF WHY THIS MATTERS TO YOU SO WHEN YOU GET PUSH BACK, YOU WILL BE EMPOWERED ENOUGH TO KEEP BEING TRUE TO YOURSELF.
2. SHARE YOUR BOUNDARIES WITH THE INDIVIDUAL YOU HAVE AN ISSUE WITH. THERE ARE, HOWEVER TIMES WHEN IT IS UNSAFE TO SHARE YOUR BOUNDARY WITH THE PERSON YOU HAVE AN ISSUE WITH. THOSE TIMES ARE IF YOU OR YOUR CHILDREN ARE IN PHYSICAL DANGER. OR IF AFTER TRYING TO ASSERT YOUR BOUNDARY THE INDIVIDUAL IS NOT GETTING IT, YOU PULL BACK AND DETACH IN ORDER TO KEEP YOURSELF EMOTIONALLY SAFE.
3. IF THERE IS PUSH-BACK, REMIND THE OTHER PERSON BOUNDARIES ARE NOT ABOUT YOU TRYING TO CONTROL HIM OR HER, BUT TO KEEP YOU SAFE AND EMOTIONALLY HEALTHY. CLEARLY AND CALMLY RE-STATE YOUR BOUNDARIES TO PROVIDE CLARITY.



V. Enforcing Boundaries

Now you may be thinking, "*Can people try to manipulate other people under the guide of boundaries?*" Yes, that is an absolute possibility. Things can become clouded when we confuse our need to protect our own life with

the right to control another person's behavior. We have no right to get a person to become who we want them to become. Using manipulation under the guise of boundaries is always wrong and hurtful. An effort to do so is a major boundary violation on your part.

Enforce: (THIS IS WHERE PUSH COMES TO SHOVE! YOU ARE GUARANTEED TO MAKE MISTAKES LIKE I HAVE AND STILL DO, BUT YOU WILL LEARN WITH PRACTICE.)

1. SLOW DOWN, DO SOME DEEP BREATHING, AND QUIETLY DECIDE HOW YOU WILL CHOOSE TO RESPOND.
2. REPEAT TO YOURSELF MENTALLY OR EVEN ALOUD, "THIS IS ABOUT THEM. THIS IS NOT ABOUT ME, AND I WILL NOT CLIMB INTO HIS/HER PROCESS."
3. REMIND THE OTHER PERSON OF YOUR BOUNDARY AND THAT YOUR RESPONSE IS ABOUT YOUR OWN EMOTIONAL AND RELATIONAL SAFETY.
4. FOLLOW THROUGH WITH THE BOUNDARY...ALWAYS FOLLOW THROUGH! SOMETIMES THIS WILL FEEL DIFFICULT AND SCARY, BUT THE FOLLOW THROUGH IS CRITICAL BECAUSE IF YOU SAY IT YOU NEED TO MEAN WHAT YOU SAY AND THEN DO IT.
5. HELP THE OTHER PERSON UNDERSTAND THAT YOUR BOUNDARY IS IN PLACE UNTIL YOU FEEL SAFE AGAIN, AND NOT FOR A SET PERIOD OF TIME.

Defining and enforcing your boundaries is perhaps the most challenging part of this soul-searching work. As your boundaries improve and grow, your sense of self does as well. You will feel more confident and empowered. You will learn to trust yourself more, you grow stronger emotionally, and a sense of hope for real change often improves. Regardless of the crazy-making people or situations in your life, boundaries help people help themselves.

It feels funny at first when you first start using it, but with time and practice you get better and feel stronger about handling difficult people and situations.



Conclusion

Learning to live with boundaries will help you better know yourself and have richer relationships. While this e-book is about by tools and solutions to

boundary violations, God also has a method for dealing with our boundary violations based on His grace and love. A helpful understanding on God's boundary system for me has come through the truths found in the parable of the prodigal son (Luke 15:11-32). In this parable, Jesus illustrates basic principles we have been talking about here from the beginning. Some key points to focus on in the parable are as follows:

- The Father does not try to stop his son from leaving and taking his share of the inheritance. This reveals the point that God gives us free will and allows us to make our own decisions, even if it is contrary to His plan and goodness for our lives.
- The son leads a wild, sinful lifestyle and eventually spends all the money he has. As a result of his poor choices, he finds himself left to eat pig food. This illustrates how God does not withhold the natural consequences of our bad choices to take effect in our lives.
- The son comes to his senses and begins to realize what a terrible mistake he has made. He decides it would be better to work for his father as a hired hand than continue to live with the pigs. In life sometimes, the power of our painful consequences leads to a sense of our own brokenness.
- Upon returning home, the father greets his son warmly, with compassion, love, and mercy. While the son intends to be treated as a slave, he is met with forgiveness.

These important principles from the parable of the prodigal son can help us build a framework to understand and establish healthy boundaries in our relationships. These principles show us God uses boundaries with His children, and serve as encouragement for us as we go through life.

As our time together here draws to a close, take a few minutes and reflect on what you have learned on how to apply boundaries to the relationships in your life.

What have been the most helpful, insightful things you have learned about boundaries?

- 1.
- 2.
- 3.

What action steps do you need to take on how to live a more peaceful life

with boundaries present in your relationships?

- 1.
- 2.
- 3.

*Are you ready to live life with less
chaos and crazy-making? I'm so
excited for you!*

It is my hope and prayer that this e-book will be of some help to you along your journey of understanding and applying boundaries to all areas of your daily life. I hope it will serve you in creating richer, more intentional relationships. At the end of this day, we are all on the same journey together. My desire is that you leave here feeling empowered and encouraged to build healthier, stronger relationships.

Thanks for letting me share with you what I learned on my journey so far!

WITH LOVE.
Patty



V.J. Helpful Resources

While I hope this e-book has been a helpful tool for you, I wanted to be sure I left you with some extra resources that I have found helpful in my own self-discovery and and healing journey.

Books:

[Boundaries: When to Say Yes, How to Say No to Take Control of Your Life](#) by Dr. Henry Cloud and Dr. John Townsend

[Boundaries in Marriage](#) by Dr. Henry Cloud & Dr. John Townsend

[Beyond Boundaries: Learning to Trust Again in Relationships](#) by Dr. Henry Cloud & Dr. John Townsend

[Safe People: How to Find Relationships That Are Good for You and Avoid Those That Aren't](#) by Dr. Henry Cloud & Dr. John Townsend

[Boundaries Face to Face: How to Have That Difficult Conversation You've Been Avoiding](#) by Dr. Henry Cloud & Dr. John Townsend

[Changes that Heal](#) by Dr. Henry Cloud

[Codependent No More: How to Stop Controlling Others and Start Caring for Yourself](#) by Melody Beattie

[Beyond Codependency: And Getting Better All the Time](#) by Melody Beattie

[Dealing with the CrazyMakers in Your Life: Setting Boundaries on Unhealthy Relationships](#) by David Hawkins