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Summary - Dr.

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John Townsend Dr.  
John Townsend |  
Boundaries | 3-2-15

Yes How No

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Morning Chats with

Jenn | WEEK 11

(Boundaries: when  
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say no to people)

Boundaries, When

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Book Review:

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boundaries is

essential to a

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boundary is a

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Those people in our lives who can respect our

boundaries will love our wills, our opinions, our separateness.

Those who can't respect our

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Boundaries are telling us that they don't love our nos. They only love our yeses, our compliance.

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total score is: 15 -

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20 You are comfortable setting boundaries in your life. You're ready for the next step! Based on your answers, you seem comfortable setting appropriate boundaries with other people. You recognize potential relationship traps and take steps to

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summarized in one

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you are, be confident about telling others no, and have the confidence in yourself when making decisions. I found the book interesting but still a hard read.

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In the spiritual world, boundaries are just as real, but often harder to

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see. Our goal is to help you define your intangible boundaries and to recognize them as an ever present reality that can increase your love and save your life. In reality, these boundaries define your soul, and they help you to guard it and maintain it

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