

THREE TO GET MARRIED

Boundaries That Protect Your Marriage

Overview:

Boundaries are emotional fences that we put up to make sure we have healthy relationships within our marriage, with our parents/in-laws, and with our friends. We all need our friends and family, and these relationships add so much to our lives. But, it's important to foster these relationships in healthy ways, ways that strengthen and enhance your marriage.

Some Effective Tools For Building Healthy Boundaries	
WITH OUR FAMILIES OF ORIGIN...	<ul style="list-style-type: none">◆ I am responsible for maintaining healthy boundaries with <u>my</u> Family of Origin. And we will always address OUR OWN family when boundaries are violated.◆ NEVER including our parents in arguments between each other. If 3rd party assistance is needed, we will seek an OBJECTIVE person, such as a marriage counselor or spiritual director.
IN OUR MARRIAGE...	<ul style="list-style-type: none">◆ Feel free to say "No, thank you" and accept your spouse's "No, thank you."◆ Recognizing behavior that is harmful to our marriage and committing to keeping such behavior outside of our marriage.◆ Being willing to seek OBJECTIVE 3rd party advice when we hit a bump along the way (ie: a marriage counselor or clergy member) making sure that this person is someone who understands that the health of our marriage is a priority.◆ Never arguing or resolving conflict via text messages.
WITH OUR FRIENDS...	<ul style="list-style-type: none">◆ Keeping criticism of my spouse out of friendship banter.◆ Helpful questions to ask ourselves about specific friendships in our lives:<ul style="list-style-type: none">◆ Am I emotionally closer to this friend than I am to my spouse? (Particularly if that friend is of the opposite sex.)◆ Does my behavior with my friends benefit our marriage?

Things to Remember...

- ◆ It is important to set a boundary when I feel:
 1. Pressured
 2. Disrespected
 3. Embarrassed
 4. Belittled
 5. Controlled

Resources

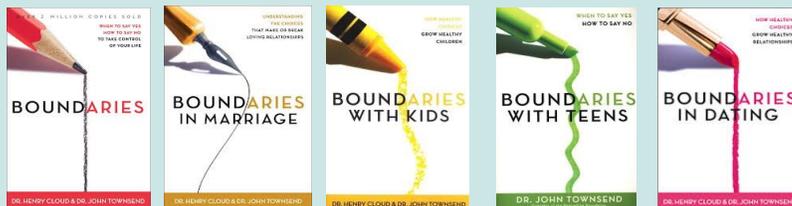
- ◆ How We Love by by Milan Yerkovich and Kay Yerkovich (WaterBrook Press, 2006)

Take the “How We Love” Quiz on-line!

<https://howwelove.com/love-style-quiz>

Keep Learning

For more information about maintaining Healthy Boundaries in your relationships please visit <http://www.boundariesbooks.com> or read one of these helpful titles...



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Available in our bookstore!

