



# Your Mom *Boundaries*

## MODULE 6: BOUNDARY BEHAVIORS

	Stabilizers & Connectors		Improvers & Doers	
	UNHEALTHY	HEALTHY	UNHEALTHY	HEALTHY
	Reactive Yes	Intentional Yes	Reactive No	Intentional No
Actions	Fix Control Carry Sympathize Disable Martyr	Set Boundaries Support Offer Empathize Own needs Ask Permission	Accuse Demand Silent Treatment Force Blame Criticize	Hold Boundaries Listen Pause Get vulnerable Respect Ask Don't Tell
Feelings	Pity/Sorry Resentment Guilty Obligated Overwhelmed	Peaceful Relaxed Free Aware Joyful	Judgmental Angry Guarded Justified Defensive	Strong Empowered Accepting Proud Content
Desires	To be good	To care & connect	To be right	To improve & empower
Coaching Question	Who do you resent? Whose responsibilities are you owning? Who is hard to say NO to?		Whom do you blame? Whose choices are you owning? Who is hard not to punish?	
Coaching Question	What needs are you neglecting? (Criticisms of other reflect our unmet needs) How can you own your actions?		How do you need to feel protected? How can you own your opinions?	

### CRITICAL VICTIM QUESTION:

If only \_\_\_\_\_ would \_\_\_\_\_ then I could \_\_\_\_\_.

(bad guy)                      (bad behavior)                      (YOUR AUTHENTIC DESIRE)