

MY PERSONAL
BOUNDARIES
JOURNEY

A NOTE FROM LYSA:

Hi friend,

I'm so excited my teammate and friend Kendra is going to lead you through this journey. She'll be a wonderful guide, which is evidenced by the fact that she put this journal together, using my book as a framework. Not only does Kendra understand how challenging boundaries can be with some of our most important relationships, but she also has deep compassion for the struggles you're currently walking through as well. Together, she and I pray that my book and this journal will be the missing link to the healthy relationships you desire.

Love,

A handwritten signature in black ink, appearing to read 'Lysa', with a decorative flourish extending to the right.

HEY FRIEND,

In a perfect world, we'd be sitting together holding our favorite warm beverages on a couch. We'd be in leggings and oversized sweatshirts, huddled up with a blanket. We'd have a casual conversation and probably laugh about the latest awkward situation we found ourselves in, and then something would shift and we'd begin to discuss something deeper. Something that is hard to handle and messy to walk through: boundaries.

I'd probably begin by telling you I went to my first-ever counseling session in 2018. I went because I was told it's good to do. After I told my counselor my life story, she got up from her chair, walked to her bookshelf and handed me a book on boundaries.

Over the course of the next few months, we uncovered areas of my life where my lack of boundaries caused emotional turmoil, bitterness and resentment. It was hard work to get to the root of my problem with boundaries, and many of those sessions were filled with tears, confusion, denial and then finally acceptance.

My notes app in my phone became a place where I would write down important thoughts or revelations so I could go back later and recall them, process them further or share them with a friend. Each item I wrote was like a stepping stone into my healing journey, and it's my hope that this journal acts as that space for you.

On the next page, I'll provide you a breakdown of what you'll find as you flip the pages of this journal. But for now, let's refill our cups and get ready to do this thing together.

Kendra

All right, now that we're settled, let me walk you through what you'll find on the following pages. Each prompt was adapted from Lysa's book *Good Boundaries and Goodbyes* and hopefully will help keep all your thoughts, revelations and notes in one place. That way it's an easy reference for those times when someone crosses a boundary or you need a little reminder of why boundaries are a good thing ... a God-created thing.

So here's what you'll find:

PROMPT #1: Remember

This section is for you to write down two or so points from *Good Boundaries and Goodbyes* that you want to remember. Something that helps me is going back through the book and seeing what I highlighted. Then I'd jot down those ideas right here for easy reference.

PROMPT #2: Receive

This prompt's main purpose is for you to take in what you received from the book. Was it a word from one of the scriptures mentioned? Or was it something you feel like God revealed to you? What did you receive from this chapter? Write it down.

PROMPT #3: Reflect

At the end of each chapter in *Good Boundaries and Goodbyes*, you'll notice statements to hold on to and questions to process through. Record any thoughts you have about either section. There's no right or wrong way to do this.

PROMPT #4: Pray

There's power in prayer. And working through boundaries can be really hard. This section is for you to write your own prayer. Whether it be a few sentences or one simple word like "help," this is a section for you to take to the Lord what you're learning in the book. He's waiting for you.

OK, it's almost time to begin. But before we do, I want to pray for you. Turn the page and let's pray together.

HEAVENLY FATHER,

*I pray for my friend and myself as we begin this journey.
Lord, You created boundaries when You created the Earth.
It was part of Your original plan. So, Lord, as we work through
boundaries together, I pray for **patience**. Patience on this hard
and messy journey.*

*I pray for **grace**. Grace for ourselves as we make great strides
toward a healthier us and also as we struggle not to slide back
into old habits.*

*I pray for Your **presence** to be present. I pray You would illuminate
words, scriptures and phrases we need as we walk this journey.*

*I pray for **change**. You are a God who doesn't leave us where we
are but makes us more like You.*

*It's our prayer that our hearts would be softened to what You want
to teach us. That our ears would be open to what You want to
tell us and our hands would be ready to do the work needed to
become more and more like Your Son, Jesus.*

In Jesus' name we pray, amen.

OK, friend! Here is where our journey begins! Don't forget – this is your personal journal. You can highlight, write, scratch out or erase anything you'd like. We want this journal to be a resource that helps remind you of God's Truth and the progress you've made with boundaries.

Now, before you answer the prompts, flip through your *Good Boundaries and Goodbyes* book and look at anything you circled or highlighted. It's a great way to remember what stood out to you and will make the processing a bit easier.

INTRODUCTION

We Can't Set Good Boundaries Without Love

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 1

You Are Not Crazy (You Can Love Them, But You Can't Change Them)

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 2

Naming the Tension That We've All Been Wrestling With

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 3

It's Not About the Problems, It's About What the Problems Represent

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 4

God Takes Boundary Violations Very Seriously and So Should We

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 5

You Are Already Doing This Really Well

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 6

They May Never See Your Boundaries as a Good Thing

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 7

Just Because They Say It Doesn't Mean You Have to Own It

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 8

Trying to Make Someone Else Happy Shouldn't Be Your Definition of Healthy

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 9

What Am I So Afraid Of?

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 10

Can a Goodbye Ever Really Be Good?

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 11

I'm Not Walking Away, I'm Accepting Reality

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CHAPTER 12

A Million Little Funerals

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

CONCLUSION

A Bible, a Ring, and a God Who Never Leaves Us

Remember - Write two points you want to remember:

Receive - Here's what you received today from this section:

Reflect - Record your thoughts on the reflection statements/questions:

Pray - Write your own prayer:

YOU DID IT!

I have a feeling that if you and I started out sitting on the couch together, like I mentioned in the introduction to this journal, we've now moved from a seated position to dancing around the living room in excitement. You read the book, processed the hard stuff and created your own boundaries journal you can revisit as you continue to make progress.

I know this is just the beginning and there will be times when the boundaries you've worked so hard to create get crossed. But don't forget the work you put in and the truth that you're not in this alone.

The Lord is close and walking alongside you through the highs and lows.

I am so proud of you. Our whole team is. We're praying for you and cheering you on. Good boundaries are hard, but good relationships are worth it.

Good is coming, my friend. I just know it.

Kendra