

# 10 Laws of Boundaries

## The Law of...

1. **Sowing and Reaping.** Our actions have consequences. Someone will bear them. Don't interrupt this law by regularly bailing others out.
2. **Responsibility.** We are responsible to, not for each other. We are to love one other, not be one another.
3. **Power.** We do not have power over other people. We hardly have enough power over ourselves.
4. **Respect.** If we wish our boundaries to be respected we must respect those of others. For with the measure you use, it will be measured to you.
5. **Motivation.** We must be free to say "no" before we can wholeheartedly say "yes." Acts of love are worthless if we don't have a choice.
6. **Evaluation.** We need to evaluate the effects our boundaries have on others. Hurt and harm are not the same – pain may eventually lead to growth.
7. **Proactivity.** Boundaries must express what you stand for, not just what you are against. Solve problems on the basis of your values, wants, and needs.
8. **Envy.** We will never get what we want if we focus on what others have. Envy keeps us empty and unfulfilled.
9. **Activity.** We need to take the initiative to solve our problems. Don't wait for the other person to take the first step.
10. **Exposure.** Boundaries must be communicated. Otherwise they are invisible to others.