

DVD Worksheet Key, page 3

f) **Growing**

Good parenting can help a child develop character that faces the **obstacles** of life with an orientation toward growth. It includes developing abilities and gaining knowledge as well as facing **negative** things about oneself that need changing.

Have you ever met anyone who has to be right, even when they are wrong? Have you ever seen anyone get really angry when things don't go their way? These are examples of people who can't grow and change when they need to. They are rigid and stuck and demand that everyone around them change.

g) Oriented to **truth**

Honesty begins with parents who **model** it, require it from their children, and provide them with a **safe environment** in which to be honest.

We all have been lied to. It doesn't feel good. Maybe we have lied. It is hard to keep our story straight once we start lying. Many people lie because they fear anger, shame, guilt, and condemnation as a result of a mistake in a relationship. But the lies pile up and are always found out and then the person gets anger, shame, guilt, and condemnation in the relationship. What does this have to do with boundaries? When there are healthy boundaries, the child knows the consequences. They aren't based on shame, guilt, and anger. They are logical consequences; you don't clean your room, you don't go to the movies. When this is a consistent part of their life, they internalize the concept and as adults don't feel a need to lie because they know that their choices determine their consequences.

h) Oriented to **transcendence**

The most important questions anyone has to answer are "**Who is God?**" and "Is it me, or is it God?" The answers govern every direction of a person's life.

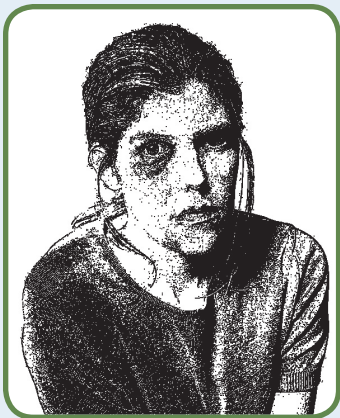
Transcendence simply means to go beyond or outside of oneself. This means that a person sees that there is a Morals Giver (God) who has a plan and a purpose for their life and rules by which a fulfilled life is to be lived. What do these have to do with boundaries? When a person is the center of her own life, with no transcendence, she makes her own rules and lives only for herself. She is self-centered and makes others feel like objects, there only to meet her needs. To transcend oneself is to get past your own existence and to care about and value the existence of others.



Homework, page 1

Controlling Impulses

Beginning in infancy, we first learn to expect immediate satisfaction. We're hungry – we're fed. Our diaper is wet – it's changed. But life isn't like that. We must learn to respect others – their time, their needs, their feelings. We must learn to prioritize ... I want those, I need that, but I absolutely cannot do without this. We must learn first to fulfill our commitments before we attempt to satisfy our longings.



Without boundaries, we make poor choices, and become victims of the poor choices we made.

1. The attached is an old Tibetan poem. The beginning of the poem describes a victim. Is there anything in your life that looked or looks like this?

2. At what point do you think the person goes from being a victim to taking responsibility for her actions?

3. What do you think the last line means in someone's life who has struggled with addiction or behavior that is self-destructive?

