

# The Ten Laws Of Boundaries

Healthy emotional and relational boundaries are key to having successful relationships and dealing with life well. The following Ten Laws of Boundaries provide principles for learning and applying healthy boundaries.

- 1) **The Law of Sowing and Reaping**
  - Our actions have consequences.
- 2) **The Law of Responsibility**
  - We are responsible *to* each other, but not *for* each other.
- 3) **The Law of Power**
  - We have power over some things; we don't have power over others (including changing people).
- 4) **The Law of Respect**
  - If we wish for others to respect our boundaries, we need to respect theirs.
- 5) **The Law of Motivation**
  - We must be free to say no before we can whole-heartedly say yes.
- 6) **The Law of Evaluation**
  - We need to evaluate the pain our boundaries cause others.
- 7) **The Law of Proactivity**
  - We take action to solve problems based on our values, wants, and needs.
- 8) **The Law of Envy**
  - We will never get what we want if we focus outside our boundaries onto what others have.
- 9) **The Law of Activity**
  - We need to take the initiative in setting limits rather than be passive.
- 10) **The Law of Exposure**
  - We need to communicate our boundaries to each other.