

RED FLAGS & SETTING BOUNDARIES



Healthy boundaries aren't about pushing people away.
They're about teaching others how to love you by
standing firm for what you believe.

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Spot and Name Red Flags

Red flags aren't always flashing neon signs, sometimes they're quiet patterns that leave you feeling small, confused, or unsafe.

They reveal where truth and love have stopped flowing freely.

Naming them helps you see what needs healing, not who needs blaming.



Do their actions match their words?

.....



Do I feel heard, respected, and valued?

.....



Do I make excuses for their behavior just to keep the peace?

.....



Understand What a Boundary Really Is

Boundaries aren't punishments or ultimatums.

They're healthy limits that define what's okay and what's not, so love can grow in safety, not chaos.

They are not meant to be put into place forever, but meant to move and evolve as trust rebuilds.

A boundary IS:

- ✓ A way to protect your peace
- ✓ A statement of self-respect
- ✓ A tool for growth and clarity

A boundary is NOT:

- ✗ A wall to shut people out
- ✗ A demand to control someone else
- ✗ A sign of weakness

Is There Anything I Can Do To Feel Safe

Safety isn't just about what others do; it's also about how you care for yourself in moments that feel uncertain. This question helps you shift from helplessness to hope... from waiting for someone else to change, to nurturing your own peace while God does His work.



Write a Boundary That Protects You and Invites Growth

Try this format:

“When _____ happens, I feel _____. To protect my peace, I will _____.”

Example:

“When you raise your voice, I feel anxious and unsafe. To protect my peace, I will step away until we can talk calmly.”

Your turn:

“When _____ happens,

I feel _____.

To protect my peace, I will _____.”

Hold, Move, or Remove Your Boundary



Boundaries are meant to evolve as healing takes place.

- Hold it: when behavior hasn't changed and your heart still feels unsafe.
- Move it: when trust is being rebuilt and communication is healthy.
- Remove it: when mutual respect and safety are restored.

Boundaries are not walls. They're safety zones meant to help you grow, not hide.



You're Not Stuck You're Learning to Stand!

Healthy boundaries aren't about pushing people away, they're about standing firm in love. When you honor your limits, you teach others how to love you better, and you create space for God to work in both hearts.

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