

#1 *New York Times* Bestselling Author of
Forgiving What You Can't Forget and *Uninvited*

LYSA TERKEURST

**GOOD
BOUNDARIES
AND
GOODBYES**

**LOVING OTHERS WITHOUT
LOSING THE BEST OF
WHO YOU ARE**



A PDF COMPANION TO THE AUDIOBOOK

Good Boundaries and Goodbyes

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CHAPTER 9

What Am I So Afraid Of?

To be validated

To be in control

To be liked

To be seen as perfect

To be good

To be in good standing

To be appreciated

To be valued

To be chosen

To be beautiful

To be understood

To be at peace

To be right

To be in charge

To be loved

To be protected

To be unique

To be respected

To be nice

To be supported

To be admired

To be the expert

To be the model Christian

To be the hero

To be the center of attention

To be needed

To be accepted

To be the responsible one

REFLECTION STATEMENT

Am I needing to be _____ (example: the hero) to such an extent that I am unwilling to establish and maintain a healthy boundary? Do I fear that it will cost me too much? It could cost me being _____ (example: admired) by this person; therefore, the boundary isn't worth it. I would rather things stay as they are than risk a change costing me what people pleasing is giving me.

Now, let's rewrite it.

I need to be _____ (example: the hero). But I now recognize that sacrificing healthy boundaries to get _____ (example: admiration from others) is the wrong way to get my need(s) met.