

Domestic Violence

Listening and Responding
to the Story *and* Setting
Appropriate Boundaries

Lionel Hartley, PhD

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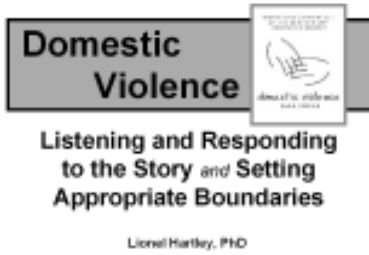
Domestic Violence

Listening and Responding to the Story *and* Setting Appropriate Boundaries

Seminar Notes

Lionel Hartley, PhD

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In the previous seminar you would have learned that Domestic Violence is more than just physical violence, as it encompasses all forms of abuse and intimidatory behaviour perpetrated by one person against another in a personal, intimate relationship. You would have learned the context and that it includes partnership violence perpetrated when couples are separated or divorced and violence between family members.

Today I would like to discuss *Listening and Responding to the Story*, and spend a little time talking about *Setting Appropriate Boundaries*. I am talking today without making a distinction between an audience of abusers, victims or interested parties — so that way perhaps at least something I have to share may be relevant. Without ignoring the existence of male victims. I will, for simplicity, refer today to victims as female and perpetrators as male.

Part 1: Listening and Responding

Narrative

Part 1: Listening and Responding

• Envision the person you were created to be... you were created to have emotional freedom, inner peace, and strong self-esteem. If abuse has undermined God's plan for your life, your joy, and your peace, then what others have sabotaged, God can rebuild.

Adapted from Gregory L. Jantz, PhD
Healing the Scars of Emotional Abuse.

Maggie and Egbert (not their real names) married after high school. Still, she felt empty and unlovable, despite a happy marriage. That changed one year later, when Maggie gave her life to Christ. For the first time, she felt loved. This change was great news for Maggie, but Egbert found it hard to watch. Burdened by the trauma of his past, he grew increasingly critical, unloving and withdrawn.

“He was becoming more like his father every day,” says Maggie.

Egbert never abused her physically, but his constant criticism and belittling remarks escalated.

“If I did something that displeased him, he wouldn’t speak to me for days—even weeks—at a time,” she said.

As the abuse worsened, so did Maggie’s health. She grew more depressed and despondent by the day, until she could no longer function. She developed

chronic respiratory infections and other physical ailments.

Maggie finally confided with a friend. But this friend — a pastor's wife she had known for a few years — made the situation exponentially worse.

“Why would a husband treat his wife like that?” asked her friend. “You must be doing something to provoke it.”

This encounter left her feeling rejected by the church — and, ultimately, by God.

how do we respond

Listening and Responding to the Story

- 1. If possible, educate yourself in advance
- 2. Listen to the victim's story.
- 3. Believe the unbelievable as well as the believable.
- 4. Validate her feelings.
- 5. Assess her level of safety
- 6. Be cautious providing counsel
- 7. Suggest a referral to a professional

So how do we respond when someone shares her story?

I would like to suggest several ways.

1. If possible, educate yourself in advance on the topic through reading brochures, newsletters and information about domestic violence and attending seminars such as this.

2. Listen to the victim's story.

Listening means just that — it does not mean agreeing or disagreeing, challenging, questioning, or judging. Just really

listening.

3. Believe the unbelievable as well as the believable.

4. Validate her feelings. To validate someone's feelings is to accept, understand, and nurture their feelings. To validate someone's feelings is to validate their identity as a unique person. Invalidation, on the other hand, is to reject, ignore, judge, or diminish someone's feelings, and hence their identity.

5. Assess her level of safety, and if she is in danger, take action to help her get to a safe place.

6. Be cautious providing advice or counsel to victims as that may put her in more danger.

7. Suggest a referral to a professional Christian counsellor who is experienced with domestic violence issues.

Listening and Responding to the Story

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- 7. Suggest a referral to a professional
- 8. Connect her with support
- 9. Offer ongoing support & unconditional love
- 10. Confront the abuser if appropriate

(Matthew 18:15-17; Galatians 6:1)

8. If she approves, connect her with support groups, prayer partners, etc

9. Offer support and unconditional love and provide ongoing emotional and practical support. Be prepared to offer love and support for years, not days or months, even if the victim is receiving professional counselling.

10. If you are a pastor or counsellor trained in issues of Domestic Violence, then it may be appropriate to confront the abuser in accordance with Matthew 18:15-17. (Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established. And if he shall neglect to hear them, tell it unto the church: but if he neglect to hear the

church, let him be unto thee as a heathen man and a publican.) Remove the individual from leadership or fellowship, as appropriate. However, the ultimate goal of confrontation, as emphasised in Galatians 6:1, is repentance and restoration (Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted). Along with loving confrontation, trained individuals could encourage the abuser to join a treatment programme if one is available.

Telling Your Story

- 1. Tell yourself the truth.
- 2. Choose with whom you will share
- 3. Tell them the truth
- 4. Seek professional help and guidance.
- 5. Set appropriate boundaries.
- 6. Find and maintain healthy relationships.
- 7. Look to support groups
- 8. Soak in God's presence and truth, (Jer. 23:11)
- 9. Forgive. A choice, not a feeling. >

If you are or think that you may be a victim, let me make a few suggestions regarding telling your story.

Tell yourself the truth. Denial is a hallmark of abuse. Invite the Holy Spirit to reveal the reality about a potentially abusive relationship. Admit you are being abused and recognise the damage it has done. Know what God tells us that love

is and what it is not. “It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs...It always protects...” (1 Corinthians 13:4-7 NIV)

Choose with whom you will share and then tell the truth (as you know it) about the situation. As I said, denial is a hallmark of abuse, so be prepared that the listener may not want to believe your story. Ask your God for guidance in choosing an appropriate support person.

Seek professional help and guidance. There is no one-size-fits-all prescription for healing. You need a trained professional to assess your situation and your safety, to help you deal with emotional baggage from the past and to help you develop a strategy for change. Healing is a lengthy and sometimes difficult journey fraught with emotional landmines. You’ll need help and professional guidance to walk through potentially explosive and destructive situations.

Set appropriate boundaries. Boundaries define limits, mark off dividing lines. The purpose of a boundary is to make clear separations between different turf, different territory. I will talk more of this later, suffice to say that, however appropriate, set boundaries with caution; it may escalate the abuse.

Find and maintain healthy relationships. It is critical to seek support from friends, family, and, ideally, your church.

Support groups led by a trained professional are wonderful sources of healing and comfort, and guidance to build healthy, biblical friendships and relationships.

Soak in God's presence and truth. God invites us into his presence and transforms us by renewing our mind (Romans 12:2). Spend time in God's Word, prayer, worship, and fellowship. It is possible

that you may be damaged emotionally and are unable to spend long periods of time in prayer or study. That's all right. Do what you can and trust God with the rest. Jeremiah 29:11 — “I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future’.”

Forgive. Forgiveness is not denying or excusing the damage caused by abuse. We forgive because God forgave us. When we forgive, we allow God to heal us. Forgiveness is a choice, not a feeling. Forgive yourself and (dare I suggest it) forgive the abuser.

Part 2: Setting Appropriate Boundaries

"Setting boundaries is not a more sophisticated way of manipulation - although some people will say they are setting boundaries, when in fact they are attempting to manipulate. The difference between setting a boundary in a healthy way and manipulating is: when we set a boundary we let go of the outcome."

—Robert Barry, Co-dependence

Part 2: Setting Appropriate Boundaries

We encounter physical boundaries every day. Fences, walls and signs that distinguish property ownership; laws, rules,

and codes that define acceptable behaviour; traffic lights, stop signs and street markers that guide our driving. Personal boundaries may be harder to see but are just as important because they define what is me and what is not me.

Personal boundaries are limitations we put around our emotions and behaviour that keep good things in and bad things out. They include the things we allow ourselves to say (including the use of the word “no”); what areas we avoid that are evil or that cause us to sin; how we spend my time; the amount of work (or ministry) we am willing to take on; the depth of relational attachment we make with someone; the type of personal support we seek; and the ethics we choose to live my lives by. These boundaries centre around our feelings, thoughts, values, attitude, choices and talents.

Setting appropriate boundaries for yourself is not selfishness but good stewardship. God has given you gifts and talents

for His kingdom. When you say no to people and activities that hurt you or are bad for you, you are protecting God's investment. Nor do boundaries impair your relationships. Your boundaries cannot hurt someone else because they are limits to your life alone. They are defensive tools, not offensive ones. They may help to define your relationships, but they never prevent you from having one.

In the book *Co-dependence*, Robert Burney says, "Setting boundaries is not a more sophisticated way of manipulation - although some people will say they are setting boundaries, when in fact they are attempting to manipulate. The difference between setting a boundary in a healthy way and manipulating is: when we set a boundary we let go of the outcome." I will explain what this means later.

Problems with Boundaries

Victims or potential victims:

- 1. Being overly compliant (saying yes to the bad)
- 2. Avoiding one's own needs (saying no to the good)

Perpetrators or potential perpetrators:

- 3. Irresponsible (not respecting the needs of others)
- 4. Manipulative (not respecting the boundaries of others)

Problems with Boundaries

Most people struggle with setting boundaries in their lives, but they struggle in different ways. Here are four common problems:

Victims or potential victims:

1. Being overly compliant (saying yes to the bad): Compliant people respond to others out of intense feelings of fear. They are afraid of hurting others' feelings, of being abandoned, of punishment, of being shamed, of being seen as bad or selfish or unChristian. Because they have a strong desire not to "rock the boat" they either don't set personal boundaries or give up too quickly on them when conflict arises.

2. Avoiding one's own needs (saying no to the good): Avoidance is the inability to ask for help, to recognise one's own needs, or to let others in. They are people who withdraw when they need help and will not ask for support from others. The cause is almost always insecurity

and low self esteem, which produces protective boundaries around self that are too rigid and tight.

Perpetrators or potential perpetrators:

3. Irresponsible (not respecting the needs of others): Irresponsible people ignore their relational responsibilities, particularly in the areas of communication and emotional intimacy. This usually results from or in a critical spirit toward other people or being too absorbed with one's own self. This creates insensitivity, which is a way to avoid setting boundaries by simply opting out of the process all together.

4. Manipulative (not respecting the boundaries of others): Controllers don't respect people or their personal limits. They run over the boundaries of others through control, manipulation and sometimes by aggressive behaviour. Controllers tend to be people who are undisciplined or don't want to take responsibility

Developing Healthy Boundaries

- 1. Consequences: Reaping what we sow (Gal. 6:7-8)
- 2. Responsibility: I am ultimately responsible for myself. (Phil. 2:12)
- 3. Changes: In Christ I have the power to change (Jer. 47:10)
- 4. Respect: We need to respect the boundaries of others (Mat. 7:12; Ejn 6:21)
- 5. Perspective: Make a distinction between being and behaviour (Job 2:10)
- 6. Motivation: Right or false motives (John 9:40-41)

for their own life, so they compensate by trying to control the lives of others.

Developing Healthy Boundaries

Here are ten things to remember in building good personal boundaries in your life:

1. Consequences: Reaping what we sow, also called cause and effect, is a basic law of nature. The universe operates by it. When God tells us we will reap what we sow He is not threatening us or punishing us, but stating how life works (unless He chooses to intervene). Reaping what we sow can be a strong motivator for right behaviour. Change most often occurs in people when they are finally confronted with the consequences of their actions. (Gal. 6:7-8)

2. Responsibility: I am ultimately responsible for myself. I can love someone else but I cannot be them. I cannot feel for them. I cannot think for them. I cannot

grow and develop for them. I can only grow myself. This may sound self-centred but it is not. It is simply a reflection of reality. I can influence people and they can influence me, but they are never an excuse for who I am. (Phil. 2:12)

3. Changes: In Christ I have the power to change (repent). I am never powerless over sin. I may develop behaviours (like alcoholism) that are harmful and appear impossible to overcome, but with the Lord's help I can change. I can acknowledge and agree with God's truth about my problem. I can submit my struggles to Christ. I can ask Him and people who love me for help. I can repent from the evil I see in myself. I can seek out those I injured and make amends. With God's help I can overcome any sin that besets me. (James 4:7-10)

4. Respect: We need to respect the boundaries of other people whether or

not their boundaries are like our own. When we respect others they may possibly respect us back. However, our primary concern should not be to see people do things our way but for them to obey God as they hear Him and make decisions out of real free choice instead of under the influence of sin. Freedom begets freedom. If we are “walking by the Spirit” we should give others the freedom to do likewise. (Matt. 7:12 [Golden Rule]; Eph 5:33)

5. Perspective: To develop healthy boundaries it is helpful to make a distinction between being and behaviour by learning how to observe behaviour without making judgements about myself and others. There is a huge difference between judgement and observation. It is vital for me to observe other people’s behaviour in order to protect myself. That does not mean I need to make a value judgement about their *being* based upon their *behaviour*. Judgement is say-

ing, “that person is a jerk.” Observation is saying, “that person seems to be really full of anger.” The trap here is equating I did something bad therefore I am a bad person, or I made a mistake therefore I am a mistake. Job makes this distinction in Job 2:10 by saying to his wife that she “speaks as one of the foolish women speak” (*nebalaw*) rather than actually calling her a fool (*raca*).

6. Motivation: It is very easy for us to do things from false motives, by that we mean through guilt, anger, payback, approval, fear or loneliness. In Christ we have been called to live in freedom. It is a freedom that produces gratitude and love in us. It enables us to keep boundaries for ourselves and others. With God, our freedom must come before our service to Him. If we are serving Him out of wrong motives we will fail. But if we are letting Him set us free, our motives will be right and we will lead productive lives. (John 9:40-41)

Developing Healthy Boundaries

- 1. **Consequence:** Facing what we face (Gal. 6:7-8)
- 2. **Responsibility:** I am ultimately responsible for myself. (Phil. 2:12)
- 3. **Change:** I cannot have the power to change. (James 4:7-10)
- 4. **Empathy:** We need to respect the boundaries of others. (John 1:12)
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- 6. **Empathy:** We need to respect the boundaries of others. (John 1:12)
- 7. **Confrontation:** Are your actions helpful or hurtful? (Eph. 4:25)
- 8. **Proaction:** Proactive people show you what they love; reactive people show you what they don't like. (Matt. 5:38-39)
- 9. **Protection:** We have a right and a duty to protect and defend ourselves. (Eph. 6:12)
- 10. **Application:** No boundary = No escape. (Luke 15:19)

7. **Confrontation:** It is important to be concerned for the feelings of others in setting boundaries with them. But never avoid boundaries simply because it makes people mad or hurt. Consider whether or not your actions are helpful or hurtful to them. As iron sharpens iron we need confrontation and truth from others to grow. Sometimes a “no” is the best thing we can do for someone we care about. (Eph. 4:25)

8. **Proaction:** Proactive people show you what they love, what they want, what they purpose, and what they stand for. Reactive people, on the other hand, are known by what they hate, what they don't like, what they stand against, and what they will not do. They are victims with many “against” stances. However, proactive people do not demand their rights — they live them. Their power is not something deserved but expressed. God has called us to be proactive peo-

ple. (Matt. 5:38-39)

9. Protection: The purpose of having boundaries is to protect and take care of ourselves. We need to be able to tell other people when they are acting in ways that are not acceptable to us. A first step is starting to know that we have a right to protect and defend ourselves. That we have not only the right, but the duty to take responsibility for how we allow others to treat us.

10. Application: Being forced to learn how to set boundaries is a vital part of learning to own our self, of learning to respect ourselves, of learning to love ourselves. If we never have to set a boundary, then we will never get in touch with who we really are. If we never have to set a boundary, then we will never escape entrapment and we will never learn to define ourselves as separate in a healthy way.

Putting this into practice:

- 1. Define
> if you...
- 2. Declare
> I will...
- 3. Defend
> if you continue this behaviour...

It is not enough to set boundaries — it is necessary to be willing to do whatever it takes to enforce them.

Putting this into practice:

Setting a boundary is not making a threat - it is communicating clearly what the consequences will be if the other person continues to treat us in an unacceptable manner. It is a consequence of the other persons behaviour.

Setting a boundary is not an attempt to control the other person (although some of the people who you set boundaries with will certainly accuse you of that - just as some will interpret it as a threat) - it is a part of the process of defining ourselves and what is acceptable to us. It is a major step in taking what control we can of how we allow others to treat us. It is a vital step in taking responsibility for our self and our life.

There are basically three parts to a boundary. The first two are involved with setting the boundary - the third is what we will do to defend that boundary.

1. Define

If you - a description of the behaviour we find unacceptable (again being as descriptive as possible.)

2. Declare

I will - a description of what action you will take to protect and take care of yourself in the event the other person violates the boundary.

3. Defend

If you continue this behaviour - a description of what steps you will take to protect the boundary that you have set.

For example (in the case of someone who is just learning about boundaries and has been physically abused in the past) would be:

If you ever hit me, I will call the police and press charges - and I will leave this relationship. If you continue to threaten me, I will get a restraining order and prepare to defend myself in whatever man-

ner is necessary.

It is not always necessary or appropriate to share the third part of this formula with the other person when setting a boundary - the first two steps are the actual setting of the boundary. The third part is something we need to know for ourselves, so that we know what action we can take if the other person violates the boundary. If we set a boundary and expect the other person to abide by it automatically - then we are setting ourselves up to be a victim of our expectation.

It is not enough to set boundaries - it is necessary to be willing to do whatever it takes to enforce them. We need to be willing to go to any length, do whatever it takes to protect ourselves. This is something that really upset most people when they first started learning how to set boundaries. It takes great courage for me to build yourself up to a point where you are willing to set a boundary.

Most will think that the huge task they I have done to set a boundary should be enough. Then to see that some people just ignored the boundaries they have set, seems terribly unfair to them.

It is very important to set *consequences* that we are willing to enforce. If you are setting boundaries in a relationship, and you are not at a point where you are ready to leave the relationship - then don't say that you will leave. You can say that you will start considering all of your options including leaving - but do not state that you will do something that you are not ready yet to do. To set boundaries and not enforce them just gives the other person an excuse to continue in the same old behaviour.

Earlier I quoted from the book Co-dependence by Robert Burney. He said, "Setting boundaries is not a more sophisticated way of manipulation - although some people will say they are

setting boundaries, when in fact they are attempting to manipulate. The difference between setting a boundary in a healthy way and manipulating is: when we set a boundary we let go of the outcome.” It is the consequence of the breach of the boundary that is this outcome. This is something that they control and not you.

Here are some examples:

If you verbally abuse me by calling me names like stupid or jerk, I will confront you about your behaviour and share my feelings.

If you continue that behaviour I will leave the room.

If you continue that behaviour I will leave the house.

If you continue that behaviour I will ask you to leave.

If you keep repeating this behaviour I will start considering all of my options, including leaving this relationship.

If you break your plans with me by not

showing up or by calling me at the last minute to tell me that you had something else come up, I will confront your behaviour and share with you how I feel.

If you repeat that behaviour, I will consider it to mean that you do not value or deserve my friendship - and I will have no contact with you for a month.

Defending Boundaries

- 1. Boundaries Should be Based upon Choice
- 2. Boundaries Should Allow for Progression
- 3. Boundaries Should be Realistic
- 4. Boundaries Should be Enforceable
- 5. Boundaries Should be Appropriate
- 6. Boundary Setting Needs to be Learned

Defending Boundaries

1. Boundaries Should be Based upon Choice

Until we acknowledge that we have a choice, we haven't made one. If we do not own that we have a choice to leave an abusive relationship - then we are not making a choice to stay in the relationship. Any time we do not own our choices, we are accepting victimisation. We will then blame the other person, and/or blame ourselves. It is a vital part of the process of learning to love ourselves, and taking responsibility for being the liver our life, to own all of our

choices.

2. Boundaries Should Allow for Gradual Change

Since behaviour patterns are quite ingrained in all of us, it is important to allow the other person some space to make a change in behaviour - unless the behaviour is really intolerable. To go from one extreme to the other is a reaction to a reaction. There are choices in between, which are sometimes hard for us to see if we are reacting. To go from tolerating verbally abusive behaviour to leaving a relationship in one step is swinging between extremes. It is helpful to set boundaries that allow for some gradual change.

For example:

When I ask you what is wrong and you say “Never mind,” and then slam cupboard doors and rattle pots and pans or generally seem to be silently raging about something,
I feel angry, frustrated, irritated, hope-

less, as if you are unwilling to communicate with me, as if I am supposed to read your mind. I want you to communicate with me and help me to understand if I have done something that upsets you. If something is bothering you and you will not tell me what it is, I will confront you about your behaviour and share my feelings.

Another example:

If you keep repeating this behaviour I will start considering all of my options, including leaving this relationship.

3. Boundaries Should be Realistic

The consequences we set down for behaviour we find unacceptable should be realistic - in that, the change that we are asking for is something that is within the others power (Whether they are willing to take that responsibility is another thing altogether)

4. Boundaries Should be Enforceable

As the consequence involve us, it must

something that we are willing to do.

5. Boundaries Should be Appropriate

It is also important to set consequences that impact the other person more than us. Often when people are first learning how to set boundaries, they do not think it through far enough. They set boundaries that impact themselves as much or more than the other person. For example, a single parent with a teenager who needs to learn the consequences for coming home late, or bad grades, or whatever, may be tempted to say something like “If you miss your curfew again, you will be grounded for a month.” The reality of grounding a teenager for a month is that it often means the parent is also grounded for a month. If taking away driving privileges means then you will have to drive them to school - maybe you want to choose some other consequence.

And in conclusion...

6. Boundary Setting Needs to be Learned

Learning to set boundaries is an important part of learning to communicate in a direct and honest manner. It is impossible to have a healthy relationship with someone who has no boundaries, with someone who cannot communicate directly, and honestly. Learning how to set boundaries is a necessary step in learning to be a friend to ourselves, a friend to others and to protect ourselves when it is necessary.

Overhead Transparencies



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Part 1: Listening and Responding

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9. Protection: We have a right and a duty to protect and defend ourselves. (Ezra 9:9)
10. Application: No boundary = no escape (Luke 1:59,60)

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- 1. Being overly compliant (saying yes to the bad)
- 2. Avoiding one's own needs (saying no to the good)

Perpetrators or potential perpetrators:

- 3. Irresponsible (not respecting the needs of others)
- 4. Manipulative (not respecting the boundaries of others) >

Developing Healthy Boundaries

- 1. Consequences: Reaping what we sow (Gal. 6:7-8)
- 2. Responsibility: I am ultimately responsible for myself. (Phil. 2:12)
- 3. Changes: In Christ I have the power to change (James 4:7-10)
- 4. Respect: We need to respect the boundaries of others (Matt. 7:12; Eph 5:33)
- 5. Perspective: Make a distinction between being and behaviour (Job 2:10)
- 6. Motivation: Right or false motives (John 9:40-41)

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- 7. **Confrontation:** Are your actions are helpful or hurtful? (Eph. 4:25)
- 8. **Proaction:** Proactive people show you what they love; reactive people show you what they don't like (Matt. 5:38-39)
- 9. **Protection:** We have a right and a duty to protect and defend ourselves. (Ezra 9:9)
- 10. **Application:** No boundary = No escape (Luke 1:59,60) >

Putting this into practice:

- 1. Define
If you...
- 2. Declare
I will...
- 3. Defend
If you continue this behaviour... >

It is not enough to set boundaries — it is necessary to be willing to do whatever it takes to enforce them.

Defending Boundaries

- 1. Boundaries Should be Based upon Choice
- 2. Boundaries Should Allow for Progression
- 3. Boundaries Should be Realistic
- 4. Boundaries Should be Enforceable
- 5. Boundaries Should be Appropriate
- 6. *Boundary Setting* Needs to be Learned

#

FIN

Handout Booklet



**Domestic
Violence**

Listening and Responding
to the Story
and
Setting Appropriate
Boundaries

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Handout Booklet

Listening and Responding to the Story

1. If possible, educate yourself in advance
2. Listen to the victim's story.
3. Believe the unbelievable as well as the
believable.
4. Validate her feelings.
5. Assess her level of safety
6. Be cautious providing counsel
7. Suggest a referral to a professional
8. Connect her with support
9. Offer ongoing support and
unconditional love
10. Confront the abuser if appropriate
(Matthew 18:15-17; Galatians 6:1)

Telling Your Story

1. Tell yourself the truth.
2. Choose with whom you will share
3. Tell them the truth
4. Seek professional help and guidance.
5. Set appropriate boundaries.
6. Find and maintain healthy relationships.
7. Look to support groups
8. Soak in God's presence and truth. Jer. 29:11
9. Forgive. A choice, not a feeling.

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(Luke 1:59,60)

Putting this into practice:

1. Define

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Defending Boundaries

1. Should be Based upon Choice

2. Should Allow for Gradual Change

3. Should be Realistic

4. Should be Enforceable

5. Should be Appropriate

6. Boundary Setting Needs to be Learned

