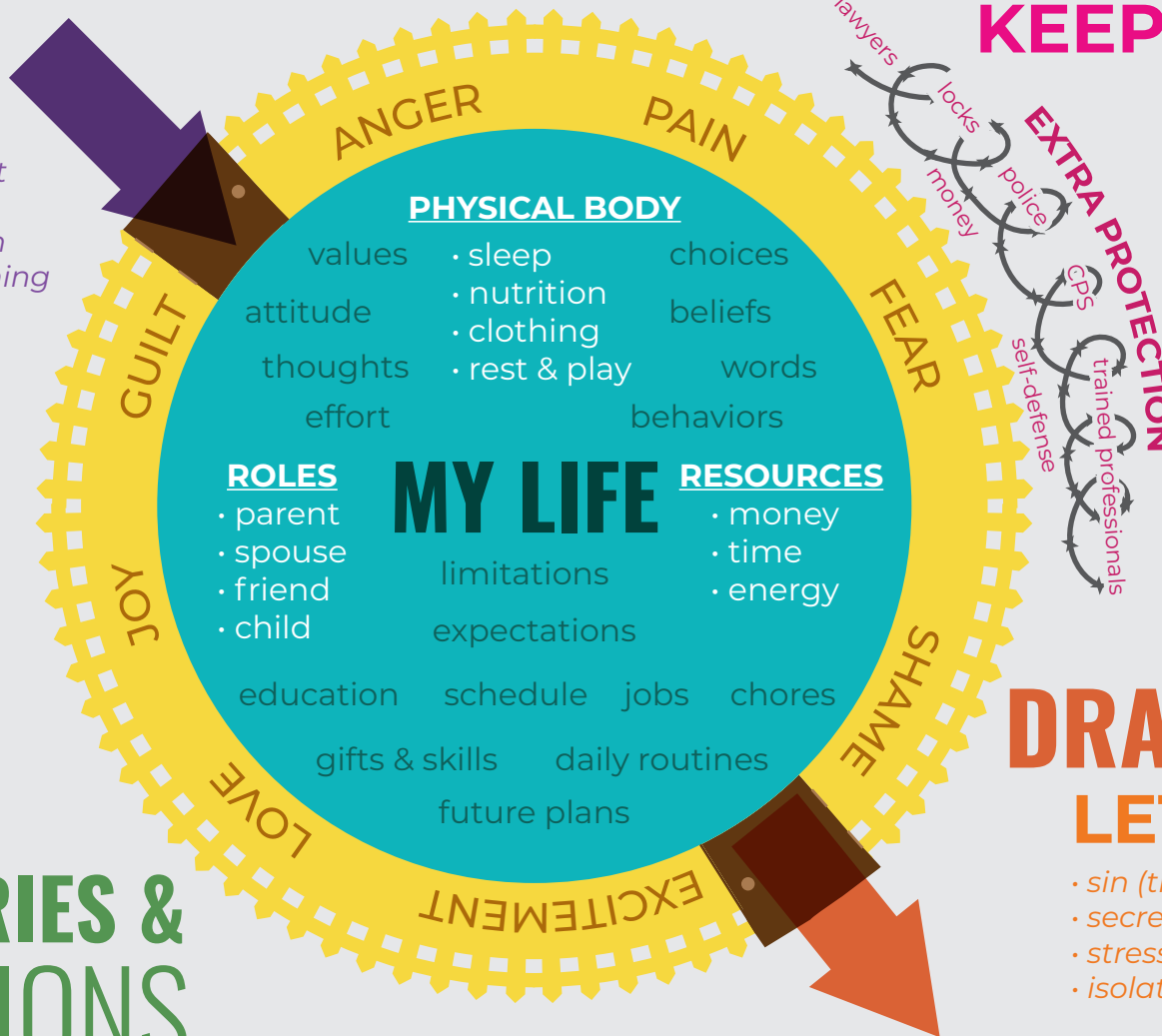


FUELS US LET IN

- friendship
- community
- encouragement
- affirmation
- hugs & affection
- wisdom & teaching & advice
- offers to help
- truth



DESTROYS US KEEP OUT

- abuse
- other's responsibilities
- lies
- poor treatment
- guilt & shaming & manipulation

DRAINS US LET OUT

- sin (through confession)
- secrets
- stress
- isolation

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BOUNDARIES & LIMITATIONS

Our emotions indicate the health of our life. They clue us in to what we need to let in, let out, and keep out. Our community helps us identify and enforce our boundaries and live within our limitations. Consequences help ourselves and others take responsibility for our lives.