

“A very helpful, engaging, and practical book on how to create healthy boundaries for our internal world, just as we do in our interpersonal relationships.”

—DR. JOHN TOWNSEND

New York Times bestselling author of *Boundaries* and founder of the Townsend Institute

BOUNDARIES FOR YOUR SOUL

- A PDF Companion to the Audiobook -



How to Turn Your Overwhelming
Thoughts and Feelings into
Your Greatest Allies

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KIMBERLY MILLER, MTh, LMFT

WHY BOUNDARIES FOR YOUR SOUL?

INTERNAL BOUNDARIES QUIZ

Are your emotions too close or too far?

In each of the following scenarios, choose the answer closest to how you would respond:

1. **You're tired of seeing Facebook pictures of your neighbor's successful spouse, charming children, and delightful dinner parties, so you:**
 - a. post your best photos, including one of your dog jumping through a flaming hula hoop, and enroll your entire family in a ninety-day self-improvement boot camp.
 - b. gush to your neighbor about her photos and thank her for being such a blessing in your life.
 - c. feel guilty about being envious and relieved that others can't read your mind.
 - d. notice your envy and take a break from social media.
2. **Before you were hired, your manager promised that weekend work wouldn't be necessary, but today marks the fifth straight weekend he's enlisted your help at the office. You:**
 - a. decline and spend the weekend feeling guilty.
 - b. show up to work but quietly stew as you think of your friends having fun without you.
 - c. process with a friend why you're afraid to tell your boss how you feel.
 - d. agree to work and then drown your sorrows with a pint of Ben & Jerry's Chunky Monkey.
3. **Over lunch with friends, a member of your small group tearfully shares that last night her husband yelled at her and then spent the night on the couch. You:**
 - a. politely excuse yourself. Public angsting makes you queasy.

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- b. tell her what a jerk he is and say you'll pray for her.
 - c. share your sadness about what happened and notice what else you're feeling.
 - d. chime in with your own stories of marriage woes.
4. **Your mother-in-law stops by for a visit. After leaving the kitchen momentarily, you return to find her rearranging the art on the wall—again. You:**
- a. bite your tongue and complain later to your spouse.
 - b. notice your anger, consider its origin, and come up with a plan for how to address future boundary crossings.
 - c. covet your friend's mother-in-law who helpfully babysits.
 - d. say you love the rearranged art while she's still in your home, but then return it to its original location after she leaves.
5. **You were passed over for a promotion you had been working hard to obtain. You:**
- a. tell yourself to get over it, even though you don't know how to do that.
 - b. feel sorry for yourself and wonder why things never go your way.
 - c. pray with a friend about your disappointment.
 - d. daydream about ways to undermine your new boss.
6. **You've spent too much money eating out recently, and you're having trouble paying off your credit card debt. You aren't sure whether to tell your significant other. You:**
- a. decide to face the painful feelings you've been avoiding by going on so many spending sprees.
 - b. don't bring up the issue. If he or she doesn't ask, why should you tell?
 - c. hyperventilate at the mere thought of your credit card bill.
 - d. become depressed about your dwindling bank account.

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7. **It's day two of a weeklong vacation, and you're struggling. Yesterday you completed your to-do list of relaxation activities. Today you can't stop thinking about work. You:**
 - a. call the office to check in. The team said everything will be fine in your absence, but you'll feel better if you check.
 - b. ponder why you feel anxious whenever you're away from work.
 - c. stay in bed with the shutters closed and fret about all you're not getting done.
 - d. refrain from calling the office, but thoroughly detail your rental car.
8. **You're running late to meet friends for lunch when your significant other stops the car at a yellow light. You:**
 - a. say, "Way to save money, babe! At this rate, we can skip lunch and arrive just in time for dinner."
 - b. educate your significant other that yellow means "Speed up!"
 - c. kindly share that you're feeling anxious.
 - d. sigh loudly, hoping to be asked what's wrong.
9. **Whether you would rather take your—lately very unruly—kids with you to the grocery store or drink from your dog's water bowl is a toss-up. Even so, the inevitable day has arrived. You:**
 - a. stare enviously at others' well-behaved kids quietly walking beside their parents' carts.
 - b. resolve to be gentle with yourself even if you lose your cool.
 - c. mutter, "Who's been raising these kids, anyway?" as the canned goods display topples.
 - d. decide to bypass the mania altogether this month. McDonald's isn't looking so bad after all.
10. **Your big presentation is tomorrow, but it's 10 p.m. and you're still stuck on the first slide. You:**
 - a. rework the color scheme again, hoping your seventh attempt results in perfection.

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- b. condemn yourself for not starting the project until now.
- c. resolve to call in sick tomorrow, then spend the next four hours catching up on your favorite TV series.
- d. decide your presentation doesn't have to be perfect—good enough will do.

INTERNAL BOUNDARIES QUIZ SCORING AND RESULTS

Scoring:

Give yourself 1 point for each of the following answers:

1d, 2c, 3c, 4b, 5c, 6a, 7b, 8c, 9b, 10d

Give yourself 0 points for any other answer.

YOUR TOTAL SCORE IS: _____

If your total score is 0–3:

You're too far from your emotions, and this book can help!

Based on your answers, you tend to avoid painful feelings. You might feel like a victim of your circumstances. You have difficulty speaking up on behalf of yourself, and you often bury what you feel and think. This book will teach you to face your emotions and turn them into powerful allies.

If your total score is 4–7:

Some of your emotions are too close, some are too far, and some are at a comfortable distance. Learn which emotions are troubling you, and put them to work for you!

Although you work hard to manage your challenging emotions, sometimes you don't know what to do with them and end up increasing your anger, fear, anxiety, sadness, envy, guilt, or shame.

Chapter 9 addresses *anger*. Anger becomes a powerful ally when you learn to befriend it. We invite you to join us in discovering the benefits—and dangers—of your anger and how to care for

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its unique needs. Can you imagine turning your critic into a trusted adviser?

Chapter 10 addresses *fear and anxiety*. It takes fear to have courage. You can listen to your anxiety and put it to work for you. You'll discover that when understood, these powerful feelings can point the way to God's still voice within.

Chapter 11 addresses *sadness*. You need your pain to help you grow and develop strong spiritual roots, but you don't need to let pain overwhelm you. When you welcome your sadness, it's more willing to work with you. You can set a gentle boundary with it so that it settles peacefully into one chamber of your heart.

Chapter 12 addresses *envy*. Can you imagine turning envy into your ally? Envy is a powerful emotion in response to parts of you that might feel left out or just plain stuck. Discover how you can listen to your envy and put it to work to motivate you in healthy ways.

Chapter 13 addresses *guilt and shame*. Is your inner critic ready to let go of the lies it has been believing? Are you ready to release a burden of shame? It's time to rewrite your narrative with courageous authenticity, in light of the bigger, better story that says, *You are loved*.

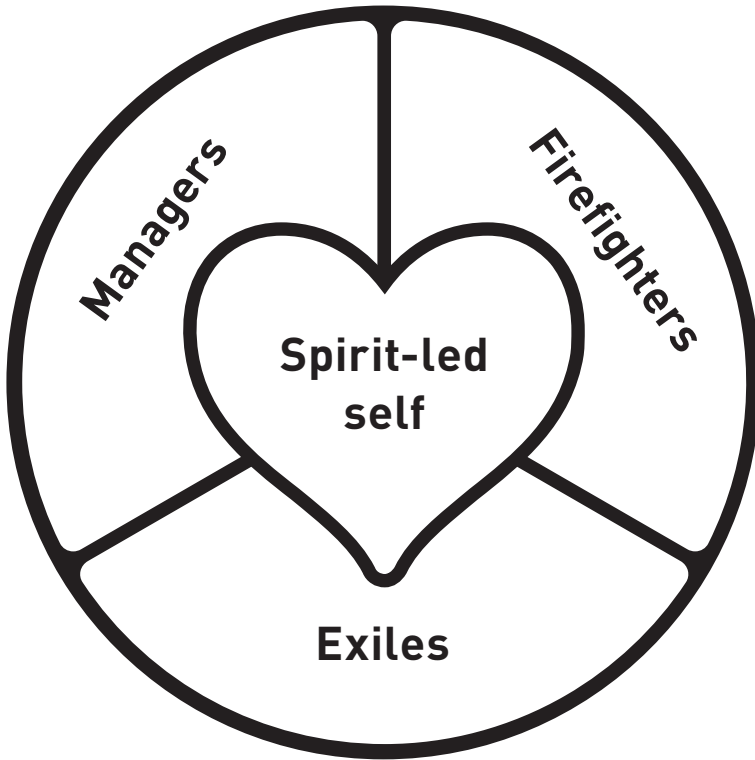
If your total score is 8–10:

You have healthy boundaries with your thoughts and feelings—they're at a comfortable distance! This book will provide you with ideas that you can use to help others.

You're aware of the importance of treating yourself with care and respect. You're adept at leading yourself faithfully in partnership with God. The content in this book will help you continue to turn your overwhelming thoughts and feelings into your greatest allies. Take a look at chapter 14 for ideas about how to be patient with the challenging parts of others and discover even greater intimacy with those you love.

Chapter 3

THREE PARTS OF YOU



MAP OF THE SOUL

STEP FIVE: INTEGRATE



A TOWN-HALL MEETING EXERCISE

Imagine two parts of yourself that you're most aware of right now taking turns at the microphone at a town-hall meeting.⁸

1. What's the strongest feeling that you're having?

Example: A cautious part of Ruben felt strongly that it's important to be careful when interacting with women.

2. Is there another part of you that doesn't like that you feel this way?

Example: The risk-taking part of Ruben didn't like his cautious part.

3. What does this second part want the first part to know?

Example: It wanted Ruben to know that it's important to take appropriate risks and enjoy life.

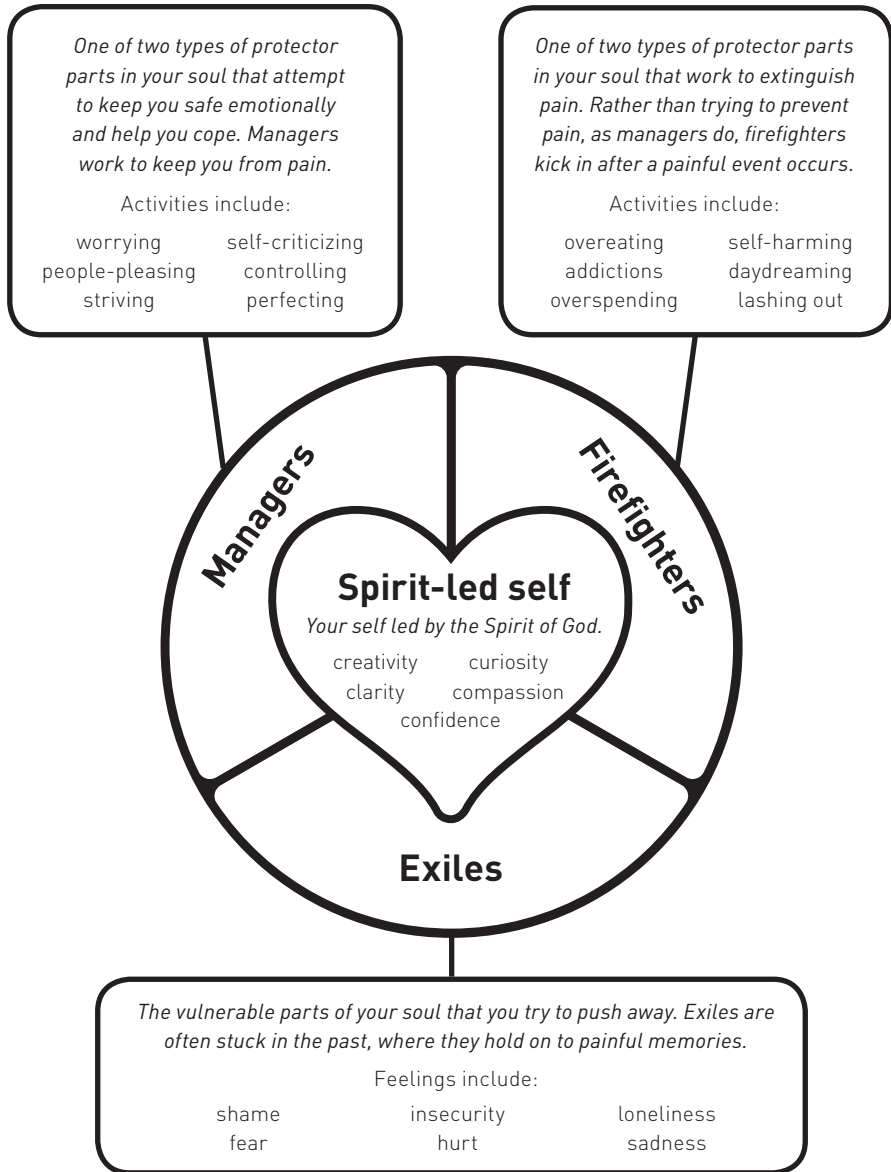
4. In response, what does the first part that spoke want this second part to know?

Example: Ruben's cautious part wanted his risk-taking part to be guided by moral boundaries.

5. Prayerfully consider: What does Jesus want to say to both parts of you?

When both parts of you have been heard, identify their common goals and negotiate new strategies for working together. Are they aware of each other's good intentions and are they willing to work together? When the competing parts of your soul are willing to get behind the same mission, well done; your (former) rivals are becoming a team.

MAP OF THE SOUL



EXERCISE: THE FIVE STEPS

How to Take a You-Turn When You're Overwhelmed by an Emotion

YOU MAY WANT to find a trusted friend, mentor, spiritual director, or professional counselor to journey with you as you embark on the Five Steps. Even Jesus asked his friends for help when he felt overwhelmed by his emotions (Matt. 26:36–38). This work is a process and not a onetime event. Repeat this exercise anytime a feeling starts to overwhelm you.

What's an emotion you're experiencing right now?

1. Focus

- Where do you sense the feeling physically?
- Is there a thought or image that comes to mind when you focus on it?
- How far away from you is it?
- What is an early memory of this feeling?

2. Befriend

- How do you feel toward this part of your soul?
- If you feel anything other than curiosity or compassion toward this emotion, notice that part of you and ask it to step back.

EXERCISE: THE FIVE STEPS

- Returning to the part of you that's experiencing the original emotion: Can you extend compassion to this part?
 - Is there more it wants you to know?
3. **Invite**
- Would this part like to invite Jesus to be near?
 - If not, what are its fears and concerns? Can it tell those things to Jesus?
 - Ask Jesus if he wants to say or do anything, or to give you a specific gift.
4. **Unburden**
- What burden has this part been carrying?
 - Does it have any fears about giving up that burden?
 - Now, how does this part want to release its burden?
 - Does this part want anything in exchange, such as peace, security, or the assurance of love?
5. **Integrate**
- Check in with any part of you that didn't like your original emotion.
 - What new roles do these two parts want to play in your internal family?
 - Are they willing to be on the same team?
 - Thank them and God for showing up for you today.
 - After you've completed the Five Steps, set an intention to check back in with these parts.

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Befriend: the second step in the Five Steps of taking a You-Turn. To befriend a part, your Spirit-led self extends curiosity and compassion to a part of your soul and offers the part the care it needs.

Boundaries:

External: lines—physical or imagined—that show where your legitimate sphere of influence and responsibility begins and ends. Typically, boundaries are considered in relation to people and external circumstances.

Internal: imaginary lines that delineate the legitimate sphere of influence and responsibility of the various parts of your soul. Just as you can set boundaries with other people, so you can set boundaries with your own thoughts and feelings.

Healthy: clarity and harmony among the various parts of your soul, such that each part understands its sphere of influence and responsibility and executes its role in a valuable, life-giving way.

Burdens: the extreme beliefs, feelings, or memories that parts of your soul take on as a result of painful experiences. You can develop burdens anytime, but many of them were developed in childhood when your mind couldn't process complex experiences.

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Christian: individuals who believe in and follow the teachings of Jesus Christ by accepting his gracious offer of forgiveness and living a life of devotion to him. (See John 1:12; 3:16; Rom. 10:9; Eph. 2:8.)

Comfortable Distance: the outcome of maintaining healthy boundaries with the parts that compete for power inside your soul. Being too close to a troubled part leads to feeling stuck, overwhelmed, and lacking perspective. Being too far from a troubled part leads to being vulnerable to the part ambushing as it seeks to take over the soul. Being at a comfortable distance leads to a sense of lightness and peace.

Constellations (of parts): closely aligned groups of parts within your soul. Parts never exist in isolation, but in interrelated groups. Therefore, when you notice one troubling part, you'll discover that other parts are present.

Creating Space: the act of the Spirit-led self asking a troubled part of the soul to relax, step back, and allow for the self to lead, and perhaps for another part to express itself. When a part steps back, you're able to get to know it better.

Differentiation: the process of distinguishing between two or more things. You differentiate internally when you choose to create more space between your Spirit-led self and the various parts of your soul. As you differentiate from these parts, you can begin to see them with the compassion of your Spirit-led self.

Exiles: vulnerable parts of your soul that harbor fear, guilt, shame, grief, loneliness, insecurities, and other painful emotions. You might need to ask your exiles to step back or to come closer so you can give them the care they need. Exiles are often stuck in the past, where they hold on to painful memories.

Firefighters: one of two types of "protector" parts in your soul (see also *managers*) that work to extinguish the pain of overwhelming

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thoughts and feelings. Rather than trying to *prevent* pain, as managers do, firefighters kick in *after* a painful event occurs by indulging excessively in distracting, feel-good behavior. Because you can't numb selectively, when firefighters numb your pain, they numb your joy as well.

Five Steps, the: an effective approach to setting healthy boundaries with your soul's troubling thoughts and feelings, so that members of your internal family can coexist harmoniously. A simplified and Christ-centered approach to the IFS therapy model, the Five Steps are:

Step 1: **Focus** on an overwhelming part of yourself.

Step 2: **Befriend** this part you don't like.

Step 3: **Invite** Jesus to draw near.

Step 4: **Unburden** this weary part.

Step 5: **Integrate** it into your internal team of rivals.

Focus: the first step in the Five Steps of taking a You-Turn. To focus, become curious about the strongest thought or feeling you're experiencing. You might notice where in your body you sense that part manifesting itself. In addition, you might use your God-given imagination to envision the part. Then notice what other thoughts or feelings you have toward the part, and ask these other parts to step back so you can focus on the original part with curiosity and compassion.

Holy Spirit: according to Christian tradition, the third person in the Trinity is a divine person who possesses a mind, a will, and emotions. The Spirit serves as comforter and counselor to Christians. (See the book of Acts for more on the Holy Spirit, as well as Ps. 139:7-8; John 14; Rom. 8:26-27; 1 Cor. 2:10-11; and Eph. 4:30.)

Integrate: the fifth step in the Five Steps of taking a You-Turn. Integration occurs as your Spirit-led self guides opposing factions

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within your soul to reconcile. To integrate, you negotiate with conflicting parts of yourself setting boundaries that support your life's values, vision, mission, and goals. Integration achieves harmony among the once-adversarial parts of your internal family.

Internal Allies: parts of your soul—former rivals—that have worked through the Five Steps and thus have begun operating collaboratively and constructively. Internal enemies transform into allies once troublesome parts take on new, more helpful roles. (See also *team of rivals*.)

Internal Enemies: unruly parts of your soul that you don't like and that battle with other parts for control of your internal family. Internal enemies are either too far from or too close to your Spirit-led self.

Internal Family: your soul's parts, plus your Spirit-led self. These parts relate to one another much like members of a biological family—some members get along well, and others do not. Members of your internal family need to know their roles and need the leadership of your Spirit-led self in order for you to experience inner harmony. In this book, *internal family* is a synonym for *soul*. It's not possible or necessary to know how many parts you have, but it's helpful to get to know the ones most familiar to you.

Internal Family Systems Model of Therapy (IFS): a fast-growing, evidence-based model of psychotherapy developed by psychologist Richard C. Schwartz. The IFS model helps individuals to work with the different, competing parts of themselves for the purpose of freeing parts from their extreme roles, restoring trust in the "Self," and leading the various parts so they can work together harmoniously.¹

Invite: the third step in the Five Steps of taking a You-Turn. Inviting occurs when you welcome parts of your soul into closer relationship

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with Jesus. Typically, this occurs when you ask the part if it would like him to draw near.

Legacy Burdens: a type of burden attained through your family or the culture in which you were raised.

Managers: one of two types of “protector” parts in your soul (see also *firefighters*) that attempt to keep you safe emotionally and help you cope. They’re called managers because they keep you moving forward by driving you to perform, produce, protect, and please. Managers have a survival instinct and believe it’s impractical for you to get bogged down with pain. At their worst, if not kept within healthy boundary lines, they can keep you from experiencing deep-down joy and genuine connection with others.

Overwhelm: an unpleasant, unnecessarily extreme experience triggered when an exile doesn’t receive the care it needs from your Spirit-led self and floods your soul. In this book, for simplicity, the word also refers to times a protector takes over, or eclipses, the Spirit-led self. For this concept, Internal Family Systems uses the term *blended* and psychology more broadly uses the term *enmeshed*.

Parts: a term used in Internal Family Systems (IFS) therapy to refer to the various aspects, or states, of the human soul. Parts have their own distinct thoughts, feelings, and character traits. Each part also carries its own story—a narrative about its role. Parts develop as you grow up, and they become problematic when they’re hurt or traumatized. Ultimately, the goal is not to get rid of your soul’s parts (which would be impossible), but rather, to help them heal and be restored to their valuable states so they can work collaboratively. (See also *comfortable distance*.)

Parts Detective: an imaginary part of you that personifies your ability to detect the protective or exiled parts of other people. Employing your imaginary parts detective helps you notice, and

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extend curiosity and compassion, when another person's protective or exiled parts may be driving his or her unhelpful behavior.

Polarized/Polarization: an internal state in which two parts “relate in opposition to or in competition with each other, to the point where each party's access to the self is constrained by fear that the other party will win or take over.”² Polarization leads to division and conflict.

Protectors: types of parts that attempt to protect exiled parts from feeling pain. There are two kinds of protector parts: managers and firefighters.

Quest for Redemption: a subconscious effort to re-create a situation in which you were wounded so that the wounded part of yourself can find healing or grow in some way.

Self: the IFS term for your soul at its purest—the essential you—which provides leadership and has healing qualities, such as compassion, perspective, curiosity, and confidence.

Sin: missing the mark and falling short of God's perfect, holy standards. “For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus” (Rom. 3:23–24). When parts are hurt or traumatized, they get forced into extreme thoughts, feelings, and roles and become more susceptible to sin.

Soul: the nonphysical part of who you are, composed of your mind, will, and emotions. Used interchangeably in this book with *internal family*.

Speaking on Behalf of a Part: setting a gentle boundary with an agitated part of your soul and sharing with others how you're feeling, without doing harm. For example, when you speak *from* your

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anger, you might say, “I hate you!” In contrast, when you speak *on behalf of* your anger, you’re able to say, “I appreciate you, and a part of me is feeling angry right now.”

Spirit-Led Self: the term used in this book for your self led by the Spirit of God. From your Spirit-led self, you can be attuned to your troubling thoughts and emotions and give them the care they need. The Spirit-led self is not a part; rather, it is the core of who you are. Its role is to lead the parts of your soul like a symphony conductor so that they can work harmoniously.

Spirit-Led Self-Leadership: a counseling approach created by the authors that integrates boundaries concepts with the Internal Family Systems (IFS) model of therapy viewed through a Christian lens. The process leads hurting parts of your soul into fellowship with God, resulting in healthy boundaries within your soul. The hallmark of Spirit-led self-leadership is a soul that is calm, caring, curious, compassionate, confident, connected, creative, courageous, and clear, and which exhibits the fruit of the Spirit (found in Galatians 5).³

Take Over: an unhelpful experience of a protector part of your soul exerting too much influence. This problem occurs when a protector is not working in partnership with the Spirit-led self.

Team of Rivals: polarized parts of your internal family that, after working through the Five Steps, begin operating collaboratively with the leadership of your Spirit-led self. The term is also the title of a book about President Abraham Lincoln by Doris Kearns Goodwin.

Theology Inspector: an imaginary part that personifies your ability to detect theological inaccuracies. Deploying your imaginary theology inspector helps you notice when someone is making claims that contradict scriptural truths.

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Unburden: the fourth step in the Five Steps of taking a You-Turn. Unburdening occurs as you invite an exiled part of yourself to cast off its burdens. Parts that have been stuck in the past can be updated and retrieved from the past, joining your Spirit-led self in the present.

Update: what happens when the Spirit-led self informs an exile of all the strengths, resources, and wisdom your internal family has gained over the years since the exile became stuck due to painful circumstances.

You-Turn: a term representing the process of looking within to bring overwhelming parts of your soul under the leadership of your Spirit-led self.⁴ Taking a You-Turn helps you speak with intentionality and care instead of reacting to or avoiding a difficult situation. It also helps you move from seeing your thoughts and feelings as the problem to seeing them as part of the solution.

NOTES

INTRODUCTION

1. 2 Sam. 11:3.
2. Henry Cloud and John Townsend, *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life* (Grand Rapids: Zondervan, 1992), 245–46.
3. For a useful summary of this model, see “Evolution of the Internal Family Systems Model by Dr. Richard Schwartz, Ph.D.,” Center for Self-Leadership, accessed September 21, 2017, <https://selfleadership.org/about-internal-family-systems.html>.
4. The Internal Family Systems (IFS) therapy model is acknowledged as “evidence-based” by the National Registry for Evidence-Based Programs and Practices. For more information, see “IFS, an Evidence-Based Practice,” Foundation News, Foundation for Self-Leadership, accessed September 29, 2017, <http://www.foundationifs.org/news-articles/79-ifs-an-evidence-based-practice>. The authors have condensed the model and adapted it from a Christian worldview.
5. Dallas Willard, *Renovation of the Heart: Putting on the Character of Christ* (Colorado Springs: NavPress, 2002), 27.

CHAPTER 1: WHY BOUNDARIES FOR YOUR SOUL?

1. Dictionary.com, s.v. “soul,” accessed August 21, 2017, <http://www.dictionary.com/browse/soul?s=t>.
2. Willard, *Renovation of the Heart*, 37 (see intro., n. 5).
3. Dictionary.com, s.v. “boundary,” accessed August 21, 2017, <http://www.dictionary.com/browse/boundary?s=t>.
4. Harville Hendrix and Helen LaKelly Hunt, *Making Marriage Simple: 10 Truths for Changing the Relationship You Have into the One You Want* (New York: Harmony, 2013), 37.

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5. We explore the term *team of rivals* in chapter 8.
6. Ask a Librarian, Harvard Law School Library online, accessed August 21, 2017, <http://asklib.law.harvard.edu/faq/115309>. Since the late 1930s, every year at commencement, the Harvard University president says to Harvard Law School graduates the following phrase, coined by professor John MacArthur Maguire (1924–1973): “You are now ready to aid in the shaping and application of those wise restraints that make men free.”
7. These You-Turn steps are based on the Internal Family Systems (IFS) therapy model, which, as noted earlier, is acknowledged as “evidence-based” by the National Registry for Evidence-based Programs and Practices (see intro., n. 4).
8. From the subtitle of Cloud and Townsend, *Boundaries* (see intro., n. 2).

CHAPTER 2: YOUR SPIRIT-LED SELF

1. Henri J. M. Nouwen, *The Inner Voice of Love: A Journey Through Anguish to Freedom*, repr. ed. (New York: Image, 1998), 14.
2. Cloud and Townsend, *Boundaries*, 46 (see intro., n. 2).
3. Richard C. Schwartz, *Introduction to the Internal Family Systems Model* (Oak Park, IL: Trailhead, 2001), 33–48.
4. *Spirit-led self-leadership* is a term we created. It is adapted from the term *self-leadership*, which is used in the Internal Family Systems therapy model. See Schwartz, 30–54.
5. For more on this topic, see C. S. Lewis, *The Screwtape Letters: How a Senior Devil Instructs a Junior Devil in the Art of Temptation* (New York: Time, 1961); and Dallas Willard, *Hearing God* (Downers Grove, IL: InterVarsity Press, 2012).
6. Willard, *Renovation of the Heart*, 27 (see intro., n. 5).

CHAPTER 3: THREE PARTS OF YOU

1. Curt Thompson, in discussion with Kimberly Miller, April 10, 2015.
2. For more on the IFS model, see Schwartz, *Introduction to the Internal Family Systems Model*, 55–88 (see chap. 2, n. 3).
3. For more on the soul’s three kinds of parts, see Schwartz, *Introduction to the Internal Family Systems Model*, 89–121 (see chap. 2, n. 3).
4. From the title of the popular 1980s song written by Jim Steinman and made popular by Welsh vocalist Bonnie Tyler.
5. Schwartz, *Introduction to the Internal Family Systems Model*, 90 (see chap. 2, n. 3).
6. L. Y. Abramson, M. E. Seligman, and J. D. Teasdale, “Learned

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- Helplessness in Humans: Critique and Reformulation,” *Journal of Abnormal Psychology* 87, no. 1 (1978): 49–74.
7. Andy Crouch, *Strong and Weak: Embracing a Life of Love, Risk, and True Flourishing* (Downers Grove, IL: InterVarsity Press, 2016), 11.
 8. “August 15, 2013—The results from a randomized controlled study, published in the *Journal of Rheumatology*, show that an IFS-based intervention had positive effects on patients with Rheumatoid Arthritis (RA), reducing pain and depressive symptoms, while improving physical function and self-compassion. . . . Dr. Nancy Shadick, from the Department of Medicine at Brigham and Women’s Hospital at Harvard Medical School, served as Principal Investigator for the study, which assessed the impact of an IFS-based psychotherapeutic intervention on disease activity and psychological status in a trial of 79 RA patients. The study concluded that IFS is feasible and acceptable for patients with RA and would effectively complement medical management of the disease.” “IFS Shown to Reduce Pain and Depression, and Improve Physical Function for Rheumatoid Arthritis Patients,” Center for Self Leadership, August 15, 2013, <https://selfleadership.org/ifs-rheumatology-study.html>.

CHAPTER 4: STEP ONE: FOCUS

1. For a discussion of what IFS calls “clusters” of parts, see Schwartz, *Introduction to the Internal Family Systems Model*, 67–73 (see chap. 2, n. 3).
2. Anne Lamott, *Bird by Bird: Some Instructions on Writing and Life* (New York: Anchor, 1995), 27.
3. Teresa of Ávila, *The Interior Castle*, trans. E. Allison Peers, (n.p.: Dover, 2007), 15, quoting John 14:2, “In my Father’s house there are many mansions” (kjv).
4. See, for example, “Dr. Dan Siegel on Neuroplasticity: An Excerpt from Mind,” PsychAlive, accessed September 19, 2017, <https://www.psychalive.org/dr-daniel-siegel-neuroplasticity/>.
5. Alexis de Tocqueville, *Democracy in America* (New York: Alfred A. Knopf, 1994), 563.

CHAPTER 5: STEP TWO: BEFRIEND

1. Henri Nouwen, *Reaching Out: The Three Movements of the Spiritual Life* (New York: Doubleday, 1975), 71.
2. Toni Herbine Blank, Internal Family Systems “Online Circle”

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CHAPTER 6: STEP THREE: INVITE

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2. Marjorie J. Thompson, *Soul Feast: An Invitation to the Christian Spiritual Life* (Louisville, KY: Westminster John Knox, 1995), 7.
3. Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth*, 3rd ed. (New York: HarperCollins, 1998), 7.

CHAPTER 7: STEP FOUR: UNBURDEN

1. Bessel van der Kolk, *The Body Keeps the Score*, 1 (see chap. 3, n. 3).
2. Richard C. Schwartz, *Internal Family Systems Therapy* (New York: Guilford, 1994), 138.
3. Richard Rohr and Andreas Ebert, *The Enneagram: A Christian Perspective* (New York: Crossroad, 2004), 54.
4. For more on attempts to re-create childhood relational dynamics in hopes of redeeming the past, see Harville Hendrix, *Getting the Love You Want: A Guide for Couples* (New York: Henry Holt, 2008), 34–44.
5. Nouwen, *The Inner Voice of Love*, 49 (see chap. 2, n. 1).
6. Schwartz, *Internal Family Systems Therapy*, 98–99.
7. Gal. 6:5; Cloud and Townsend, *Boundaries*, 30–31 (see intro., n. 2).
8. For more on passive rescue wishes, see John Townsend, *The Entitlement Cure: Finding Success in Doing Hard Things the Right Way* (Grand Rapids: Zondervan, 2015), 268.
9. Schwartz, *Introduction to the Internal Family Systems Model*, 33–48 (see chap. 2, n. 3).
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2. Brené Brown, *The Gifts of Imperfection* (Center City, MN: Hazelden, 2010), 61.
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5. N. T. Wright, *Evil and the Justice of God* (Downers Grove, IL: InterVarsity Press, 2006), 145.
6. All of these statements are drawn from the Bible and are listed in the book by June Hunt, *Seeing Yourself Through God's Eyes* (Eugene, OR: Harvest House, 2008).

GLOSSARY

1. Center for Self Leadership, accessed October 2, 2017, <https://www.selfleadership.org/>.
2. Schwartz, *Introduction to the Internal Family Systems Model*, 144 (see chap. 2, n. 3).
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4. IFS uses the term *U-Turn* in the same way.

You can turn your shame to joy, your anger to advocacy, and your inner critic into your biggest champion.

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