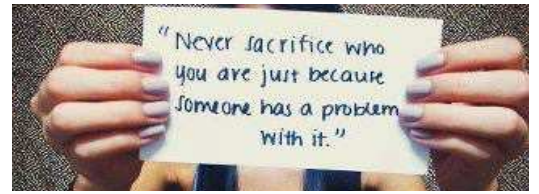


Boundaries



Building Boundaries for Better Relationships



People who have no boundaries are often victimized and frustrated because they are constantly giving their personal power away to others. They do what everyone else wants to do; they wear what they think other people want them to wear; and they take the blame for everything, even when they aren't at fault, without defending themselves.

Boundaries are lines we draw between ourselves and others. They mark our independence and yet allow us to be interdependent with others. Boundaries define who we are and they tell the world that we are equally as important as everyone else is.

Boundaries also define our views on behavior. They establish what behaviors we are willing to accept from others and what behaviors we are not willing to accept. In this way, boundaries protect us from being abused and victimized by others.

If you are struggling to establish important boundaries with others, this retreat is for you. It will help you to regain respect for yourself as you learn to own your personal power by learning to set proper boundaries with others.

This retreat begins with dinner on Friday evening and ends with dinner on Saturday.

Redemptorist Renewal Center

7101 W. Picture Rocks Rd,
Tucson, Arizona 85743

Rev. Charlie Wehrley,
Retreat Director

Call 520-744-3400
For reservations.