

THE PRODIGAL PARENT BOUNDARIES GUIDE

WHAT HEALTHY BOUNDARIES ARE

Loving limits that protect peace, promote responsibility, and keep the relationship healthy.

WHAT BOUNDARIES ARE NOT

Punishment. Control. Withdrawal of love. Manipulation. Cutting someone off emotionally.

SIGNS YOU NEED A BOUNDARY

- You're drained after conversations
 - You dread their calls/texts
- You're doing for them what they can do
- You feel anxious, responsible, or guilty

LOVING BOUNDARY PHRASES

- "I love you. I can't do that, but I can..."
- "I want a healthy relationship. Here's what I can offer..."
- "I'm not able to respond when you speak to me that way."

COMMON BOUNDARY AREAS

- Finances
- Communication tone
- Frequency of contact
 - Help/support limits
- Home rules or expectations

WHEN THEY PUSH BACK

Stay calm. Repeat your boundary. Do not justify or argue. Loving consistency builds safety.