

What is a bad boundary?

A bad boundary is a boundary that doesn't bring peace. It's not a wrong idea, personal failing or lack of strength- it's just not working for YOU.

The greatest business CEO's, inventors and innovators will all tell you that failure is a part of success.

They say Thomas Edison tried 10,000 times to make a lightbulb and his teachers said he was "too stupid to learn anything".

Michael Jordan was cut from his high school basketball team, says he's missed over 9000 shots in his career and lost 300 games.

Walt Disney was fired for having a, "Lack of imagination and no good ideas" (really!).

Oprah Winfrey was fired for getting too emotionally involved in her stories.

J.K. Rowling was a single mother living on welfare when she wrote Harry Potter and become the first-ever billionaire author (one can only dream!).

Vincent VanGogh only sold one painting while he was alive but he never gave up painting.

Jay-Z couldn't get a record deal from anyone so he sold his first cd out of his car in Brooklyn... now he's worth a small \$550 million.

<http://edison.rutgers.edu/newsletter9.html>

<https://www.feelingsuccess.com/michael-jordan-failure/>

<https://www.brainyquote.com/quotes/quotes/m/michaeljor127660.html>

<http://www.businessinsider.com/successful-people-who-failed-at-first-2015-7>

Why is all of this so important? Because I want you to be very aware that *failure is a part of success*. Especially, when it comes to addiction.

But wait... what does personal failure and success stories of famous, rich people have to do with our boundaries?

Addiction affects everyone close to it. **As the friends and family members of addicts, we take on their addiction as our own personal story of failure or success.** As I said in my free mini-series, **“Breaking Up with Bad Boundaries”**, boundaries are not about our loved ones, they’re about us.

I also told you that a good boundary *moves our lives toward a goal*. Like the examples above of people who failed before they succeeded, they all had a goal they were working toward. In boundaries with our loved ones, we have to be careful not to make boundaries that keep us stuck.

Stagnant boundaries, I've decided to call them, don't have longevity because they don't improve our quality of life. **A stagnant boundary simply stops the actions of others from controlling our thoughts, feelings and actions.**

This sounds good but is it not better to have a boundary that not only stops the actions of others from controlling our thoughts, feelings and actions but *also sets us down the*

path to our ideal life? It's in that place of positive direction that hope is nurtured and hope is the foundation of all joy. Joy comes from not feeling like we're a *total, utter failure* in life.

<http://leahgrey.com/boundariesbreakup>

Lance Armstrong said, **"Pain is temporary. Quitting lasts forever."** I love this quote because not only did he made great accomplishments in extreme sports and beat cancer but he battled significant drug use. Don't believe for one second that his accomplishments were based solely on his drug use and yet, Lance Armstrong was stripped of his *seven* Tour De France titles, stepped down as the chairman of the Livestrong Foundation and continues to speak publicly about doping in sports. To me, this is not an epic failure. **I see a man who owns his mistakes and doesn't give up when things are difficult.**

<https://www.forbes.com/sites/ekaterinawalter/2013/12/30/30-powerful-quotes-on-failure/#21ee579a24bd>

https://en.wikipedia.org/wiki/Lance_Armstrong

Think for a moment how embarrassed and ashamed your loved one becomes when you mention their addiction to someone else. Now imagine, they're also the CEO of a cancer foundation, seven-time Tour De France winner and a public icon; *Imagine the shame!* It would be overwhelming, to say the least.

When making boundaries with our loved ones, this is the kind of success story we need to hope for. Remember Lance Armstrong and everything he gave up because of addiction and how gracefully he handled it. **This spirit of acceptance, conviction and**

willingness to make things right is what we want for our loved ones. Not perfection. NOT the absence of failure. Acceptance and the willingness to make it right.

We're going to talk more about how to make good, Godly boundaries that move our lives forward instead of keeping us stuck later on in the course but for now, remember:

The evidence of a bad boundary isn't in a failure. **A bad boundary is seen in how we feel about ourselves, where we see our lives going and our measure of peace.**

Failure is always a part of success. But quitting? Giving up on dreams? Not caring about your life? Never.

Stagnant boundaries work but they don't work forever. Good, Godly boundaries will continually move us on a path that makes our lives better.

Below you'll find another worksheet for today's lesson. It's a quiz on good vs. bad boundaries!