

Other people emotions – H Cloud

One of the biggest confusions regarding boundaries has to do with how responsibility works. In problematic relationships and situations, boundaries get confused when someone feels responsible "for" another persons' feelings, attitudes, behaviors, or choices. For example, when you say "no" to someone who wants something from you, like your time or a favor, and they then get angry, or have some sort of negative reaction, that reaction is their responsibility, not yours. If they are throwing a temper tantrum or dishing out the guilt because they did not get what they want, their response is their issue, not yours. You are not responsible for their responses.

1. The Law of responsibility draws a line of what we are responsible
“FOR” and “TO”
2. **For** ourselves because we are the only person we can control
3. Responsible for our own, attitudes, feelings, actions, thoughts, beliefs, limits, talents, values, desires.
4. When others are not responsible for themselves, they get out of control and want to hold you responsible. You can not be responsible to control or fix them.
5. Rage , outbursts, and blame is the responsibility of the person acting out.
6. Be responsible TO them means I can't control you, so I'm not going be exposed to this or absorb this.
7. I will tell you the truth, you must deal with consequences of your own behavior.
8. You are responsible to learn, grow, get to counseling, re-hab, etc