

## Better understanding of healthy boundaries

I came to CR about 10 years ago wanting freedom from the constraints of co-dependency. I felt that the constant concern about other people was affecting my life in negative ways and also interfered with my relationship with the Lord.

During the time I have been working (and re-working) the steps....my father, niece and sister have died. I have experienced marital problems, problems at work, financial hardships and have had adult children and grandchildren living with us.

I am able to say no and not feel guilty ( as much). I have a better understanding of what healthy boundaries are. My communication skills have improved. I am better able to speak the truth in love-in the past I would speak the truth in anger, frustration and resentment.

My relationships with my husband, daughter and mother have greatly improved. We understand each other better and are more loving and respectful than before.

To the Newcomer: Listen to the lessons, pray and ask the Lord to open your heart to whatever changes he wants to make. Don't lose heart. Come consistently and look for the Lords hand and listen expectantly for his direction.

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