

Feb 5 2021~ Setting Boundaries (Lesson 165c)

Phrases & Vocabulary: **sth = something; sb = somebody.

a home office = a room inside a person's home that is used as that person's office **Because of COVID, lots of people work from a home office.**

thanks to sth/sb = because of sth/sb (usually because of a good thing, but can also say sarcastically because of a bad thing) **Thanks to my director's advice, I was able to improve my work. Thanks to bad weather, we had to cancel our trip.**

to assume = to believe to be true without proof

sth lasts = sth continues; sth is available **Hard candy lasts a long time in your mouth.**

once in a while = occasionally

to overstep = to cross a line (real or figurative); to ignore a rule **The teacher overstepped his authority by telling students not to wear a cross necklace.**

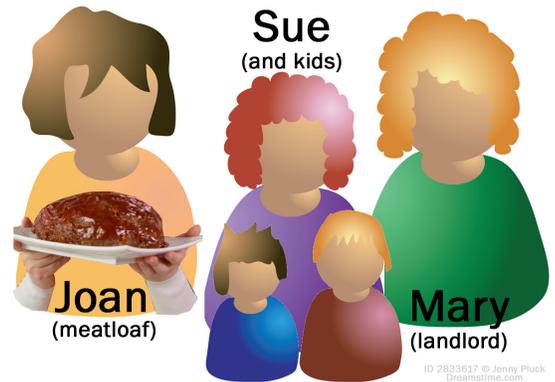
set/have boundaries = set/have limits between two people in order to have a good/effective/helpful relationship
to seem to think = to assume sth about another person's thoughts (or at least, the speaker assumes that this is what someone else assumes!)

sb-1 puts sb-2 on the spot = sb-1 causes sb-2 to feel uncomfortable or embarrassed because sb-1 unexpectedly asks or tells sb-2 to do something right now that sb-2 doesn't want to do **My teacher put me on the spot by asking me to explain the homework to the class.**

stand up for yourself/sb = defend yourself, your opinion, your feelings, or your rights in the face of opposition

speak up = express your opinion or feelings without (or in spite of) fear or hesitation

Joan shares a big house with two other women. Joan pays rent to Mary, the homeowner, who works from a home office during the day. Sue is Mary's younger sister. Sue has two small children and doesn't work. She lives there rent-free, thanks to Mary's generosity. All three women keep all their food separate and eat their meals separately. They each have their assigned shelves in the refrigerator and cupboards. Yesterday Joan mentioned to Sue that she was going to make meatloaf tonight, and Sue assumed that this was an invitation to help Joan eat it! Sue told her kids that everyone was going to have meatloaf for dinner, and this even included a girlfriend who came over to visit. When Joan found out, she was so shocked, she didn't know what to say. Joan lives on a low salary, and had planned for the meatloaf to last the rest of the week for her lunches and dinners. Joan doesn't mind sharing once in a while, but felt that Sue was overstepping her boundaries. Before Joan finished cooking the meatloaf, she finally told Sue that she made it for herself and didn't plan to share it with everyone. Joan felt bad about this, but whenever she makes a big amount of food, Sue seems to think she plans to share it with everyone. Sue put Joan on the spot when she told everyone Joan was fixing meatloaf for them. Joan's best friend told her she needs to begin standing up for herself, because if she doesn't speak up, Sue will not understand or respect her boundaries. So, Joan made a short list, and boundary #1 said: "Please do not assume that you are entitled to the food I prepare, regardless of the amount I make."



Questions:

1. What do you think about Joan's "boundary #1"? Explain.
2. Choose Sue or Joan, and explain to us your opinion of her. (include both positive and negative opinions)
3. If you were Joan's close friend, what would you advise her not to say & do in this situation? What is at risk when roommates do not communicate clearly?
4. If you were Mary, would you get involved in this situation? Why or why not, and in what ways?
5. If you were Mary, or Joan's friend, what additional boundaries would you advise Joan to set?
6. Share about one time in the past when somebody put you on the spot, **or** one time that you put somebody on the spot.
7. If you don't mind, share about one time that you needed to stand up for yourself. **Or**, share about one time when somebody you know needed to stand up for himself/herself. Also, what was the result?

8. In your opinion, should employees (including research students) set boundaries with their colleagues? If so, give an example. Also, should employees set boundaries with their boss? If so, give 1 example that is different from a boundary with colleagues.

Bonus verse: "If you correct someone with constructive criticism, in the end he will appreciate it more than flattery."
Proverbs 28:23 TPT version

====Lower English level====
on next page

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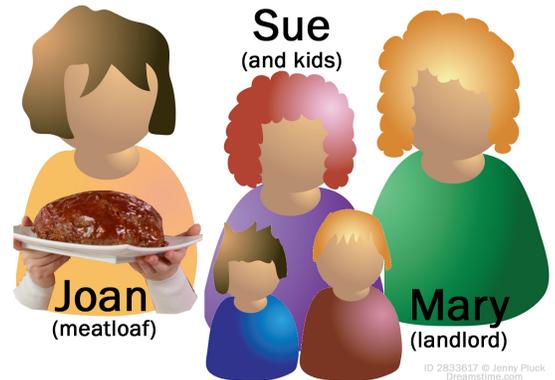
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stand up for yourself/sb = defend yourself, your opinion, your feelings, or your rights in the face of opposition

speak up = express your opinion or feelings without (or in spite of) fear or hesitation

set/have boundaries = set/have *limits* between two people in order to have a good/effective/helpful relationship

Joan shares a big house with two other women. Joan pays rent to Mary, the homeowner, who works from a home office. Sue is Mary's younger sister. Sue has two small children and doesn't work, so Mary lets them live rent-free. All three women keep all their food separate and eat their meals separately. Yesterday Joan told Sue that she was going to make meatloaf tonight. Sue told her kids that **everyone** was going to have meatloaf for dinner. When Joan found out, she was very shocked! Joan doesn't mind sharing once in a while, but she lives on a low salary. Joan had planned for the meatloaf to last the rest of the week for her lunches and dinners. Joan finally told Sue that she made the food for herself and didn't plan to share it with everyone. Joan felt bad about this, but hoped it would help Sue stop assuming too much.



This had happened many times. Sue put Joan on the spot when she told everyone Joan was fixing meatloaf for them. Joan's best friend told her to begin standing up for herself: "If you don't speak up, Sue will not understand or respect her boundaries." So, Joan made a short list, and boundary #1 said: "Please do not assume that you are entitled to the food I prepare, regardless of the amount I make."

Questions:

- Content questions
 - What is the relationship between Mary and Sue?
 - How many children does Sue have?
 - What is Sue's job?
 - What do we know about Mary's job?
 - Does Joan have a big salary?
- What do you think about Joan's "boundary #1"? Explain.
- Choose Sue or Joan, and explain to us your opinion of her. (include both positive and negative opinions)
- What is at risk when roommates do not communicate clearly? Should roommates get involved in each other's problems? Explain.
- If you were Mary, or Joan's friend, what additional boundaries would you advise Joan to set?
- Share about one time in the past when somebody put you on the spot, or one time that you put somebody on the spot.
- If you don't mind, share about one time that you needed to stand up for yourself. Or, share about one time when somebody you know needed to stand up for himself/herself. Also, what was the result?

If you have more time, discuss this bonus verse, and/or ask each other additional questions about the text or about each other's opinions.

Bonus verse: "If you correct someone with constructive criticism, in the end he will appreciate it more than flattery."
Proverbs 28:23 TPT version

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These lessons were created or adapted by the staff of International Friendship Ministries, P.O. Box 12504, Columbia SC 29211; ifmusa.org; info@ifmusa.org. IFM is grateful to Kathy Williams for most of the original work. Some lessons were adapted from EFLsuccess.com (with permission). IFM makes these lessons available to our participants, but this does not imply our consent for others to publish these lessons online or in print without permission.

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