

# Relationship Rehab Show

**FREE DOWNLOAD: Episode # 23**

**Be Empowered with Healthy Boundaries**

Taken from [Pungent Boundaries](#) available for purchase on [www.RelationshipRehabShow.com](http://www.RelationshipRehabShow.com)

**Resentment is poison!** It poisons our emotional wellbeing. It damages our health. Resentment prevents a healthy relationship from being experienced. Resentment is the #1 symptom of codependency. Other symptoms are feeling used, taken advantage of, uncared for, victimized, helpless, and angry.

The belief behind all of these symptoms is that *someone else* needs to change their behavior. *He* is in the wrong! *She* should know better and change her ways! *Only then* can I relax and be happy!

The problem with that belief is two-fold: 1) It makes me their victim, and, 2) Typically, they are not willing to change.

I remember my frustration with my son, Steve. He was terminally ill. Living with us. His behavior was thoughtless and irresponsible. I felt guilty for being angry with him, but he was so hard to live with! I was running the beliefs listed above and suffering as Steve's victim although, clearly, *he* was the one who needed to change, he wasn't doing it! One day I got the message, "The reason I am mad at him for not changing is because that means the only way to get rid of this chronic resentment is for *me* to change." Hmmm...

A day or two later I'd figured out that this was my home. I could make the rules. (Boundaries) Lectures hadn't produced any positive results. Continuing to tell Steve what I needed from him while he lived with us was fruitless. The rules needed consequences or they wouldn't be followed.

Quiet conversation: Mom, "What time each week will you agree to have your room and laundry done?" Steve, "By Saturday at 3 p.m." Mom, "OK. Then at 3 p.m. on Saturday if your room is still dirty and laundry is undone, I will come into your room and do the work for you and you will pay me \$10 for this service." He agreed.

The following Saturday at 3 p.m. he was still sleeping. Chores not completed. I knocked on his door, waited a minute, then entered and began picking up his dirty clothing and cleaning his room. He was outraged! I was calm. He was mad at me for doing what he had agreed I could do. I was pleasant, but continued until the room was clean and his clean laundry returned to him. The \$10 bucks he paid me each week allowed me to get my nails done every two weeks...something we couldn't afford at the time.

**Lesson #1:** Lectures do not produce changes in behavior. They only feed resentment for the lecturer and the listener.

**Lesson #2:** Quiet, reasonable boundaries are how one takes care of his or her essential needs. I needed a clean, pleasantly smelling home.

**Lesson #3:** Boundaries without consistently enforced consequences are exercises in futility. A boundary must have a consequence every time it is violated, or it is useless.

**Lesson #4:** Once the boundary has been set and the consequences have been delivered, shut up. Let the consequences teach the lesson. No more irritating lectures. Not even, "I told you so!"

**Lesson #5:** Results are the elimination of resentment in you which also removes a barrier to a loving relationship with the other person.

**Lesson #6:** The other person learns to assume appropriate responsibility for keeping his word or following through with her commitments. Part of all learning processes is suffering whatever consequences are the natural result of irresponsibility.

Exchange blame and resentment for the empowerment of boundary setting and enforcement! Become the hero in your own life! Not the victim! Digest this concept. Choose one place to try it out. Overcome resistance to making this change in your relationship. Healthy relationship rules are unfailingly fair.

***Adopt this belief:*** *What is genuinely healthy for me will automatically be healthy for the other person whether they like it at the moment, or not. The results will be healthy for both of us.*

For more help, order [Pungent Boundaries!](#)

I wish you freedom from resentment!

*Nancy Landrum*

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