

**From:** [Maggie Beshears](#)  
**To:** [Faculty](#); [Staff](#); [Adjunct](#)  
**Subject:** Laws of Boundaries  
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**Attachments:** [image001.png](#)  
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Good morning and happy Monday team!

I hope you all had a great weekend and have an even better week. This week let's look at boundary laws. It is important to be mindful of these laws in all relationships. Boundaries are hard work and take practice. A key is to be mindful where boundaries might be difficult to develop or maintain.

1. **The law of sowing and reaping:** Cause and effect is a basic law of life. If you overspend, you might get calls from creditors. If you don't go to work, you won't get paid. On the other hand, if you exercise, you may suffer fewer health problems. **Establishing boundaries helps codependent people stop interrupting the law of sowing and reaping in their loved one's life.** Boundaries force the person who is doing the sowing also to do the reaping.
2. **The law of responsibility:** **We are to love one another, not be one another.** I can't feel your feelings. I can't think for you. I can't grow for you. Another aspect of being responsible is not only in the giving but in the setting limits on another's destructive and irresponsible behavior.
3. **The law of power:** We have the power to agree with the truth about our problems. We have the power to seek out those whom we have hurt and make amends. You cannot change others, but you can influence others. **Since you cannot get them to change, you must change yourself, so their destructive patterns no longer work on you.**
4. **The law of respect:** One word comes up when people describe their problems with boundaries (They) "But **they** will get angry if I say no." "But **they** won't speak to me if I tell them how I feel." We judge the boundary decisions of others. If we love and respect people who tell us no, they will love and respect our no. Freedom brings freedom. When we accept others' freedom, we don't get angry, feel guilty, or withdrawn. **When we accept others' freedom, we feel better about our own.**
5. **The law of exposure:** Boundaries need to be made visible to others and communicated to them in relationships. We are sometimes met with fear and guilt. Because of these fears, we try to have secret boundaries. We secretly resent instead of telling someone that we are angry about how they have hurt us. We will privately endure the pain of someone's irresponsibility. **If our boundaries are not communicated and exposed directly, they will be communicated indirectly or through manipulation.**

"Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others."

- Brene Brown

Peace,  
Maggie

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