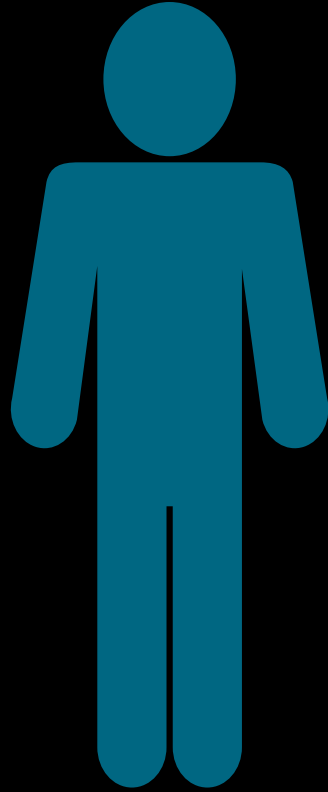
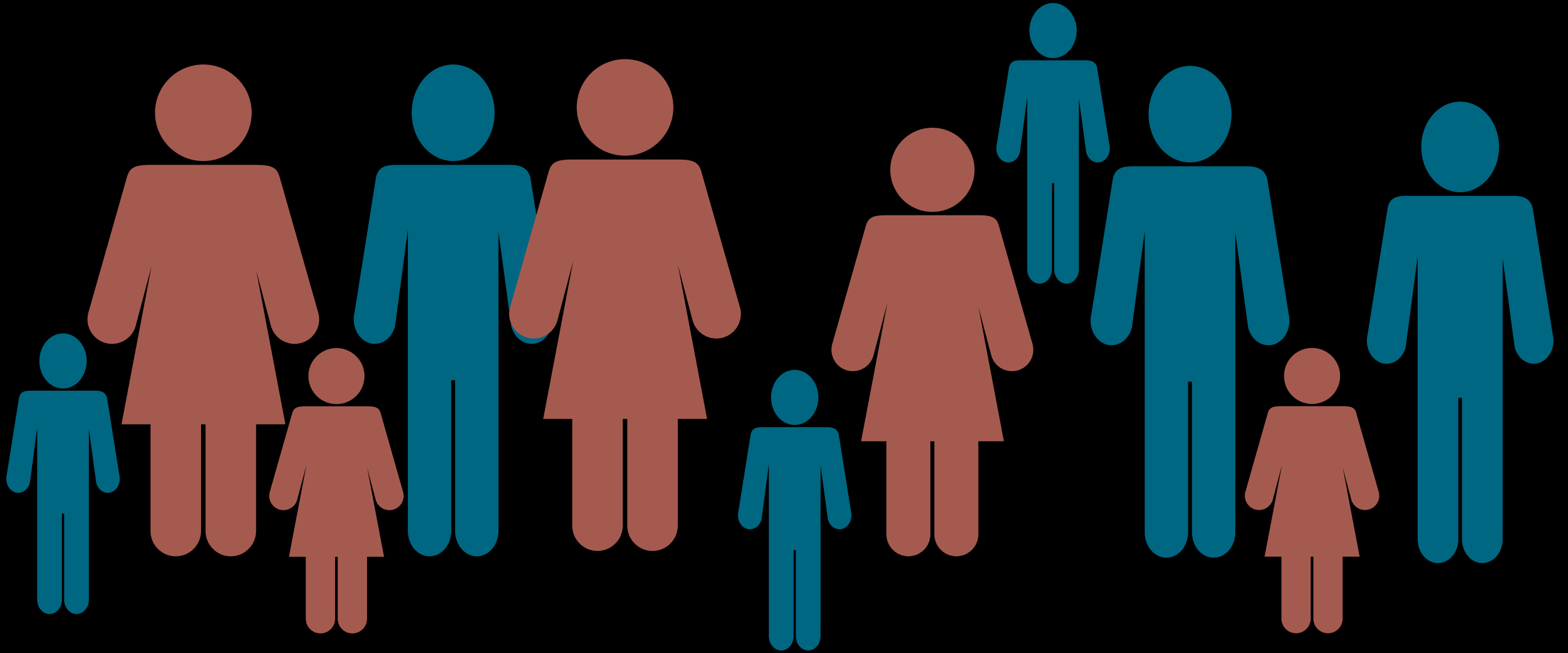


# **Guards, Yards, & Relationships: New Plays for the Playbook**

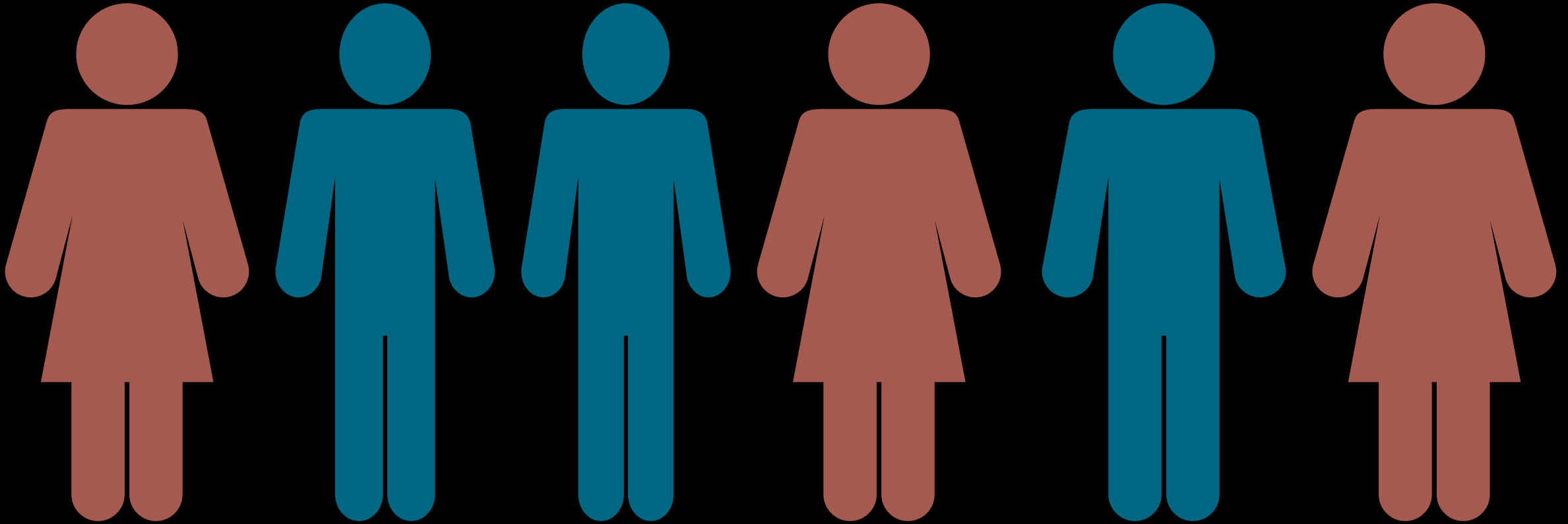
# Person



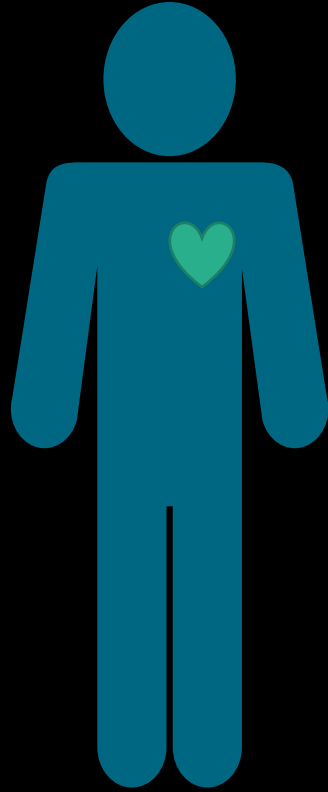
# Grows Up Around People



# Meets Many People



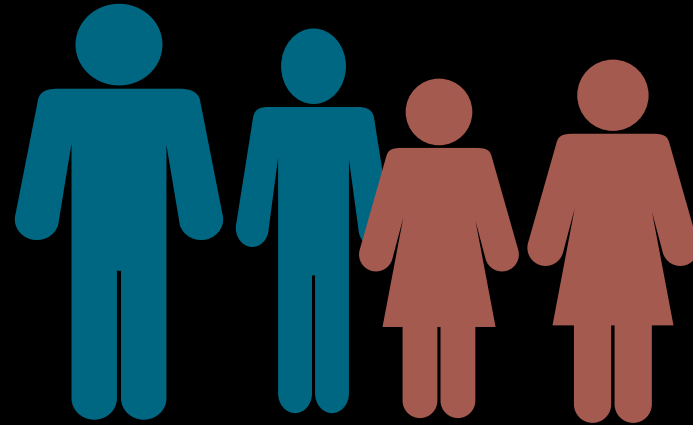
# Person...Core.



# Has Variety of Relationships & Roles

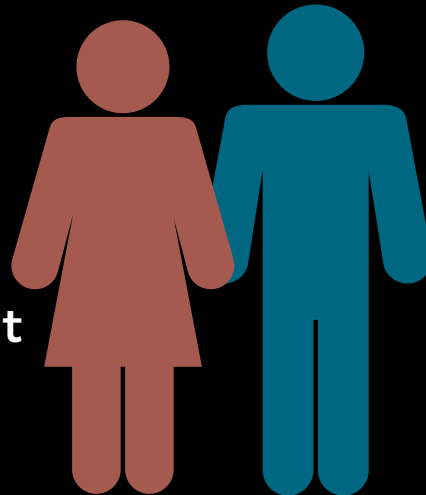


Friend  
Employee  
Director  
Mentor

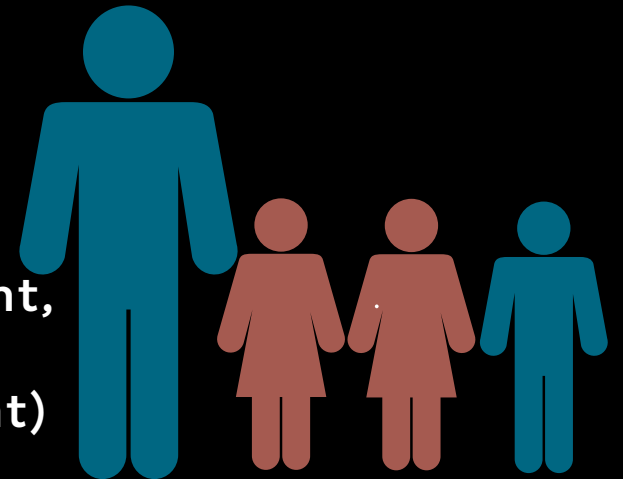


Son  
Brother  
Son-in-Law, Brother-in-Law  
Nephew, Cousin, Uncle  
(Daughter, Sister, Niece, Aunt,  
Daughter-in-Law, Sister-in-Law)

Spouse  
(Fiancé,  
Significant  
Other)



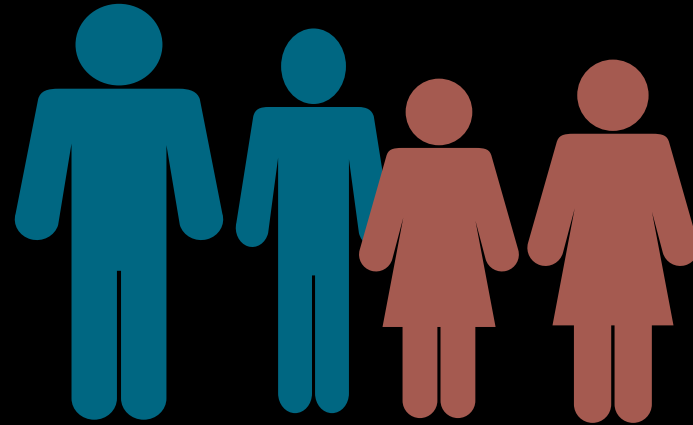
Parent  
(Step-Parent,  
Guardian  
Grandparent)



# Sometimes, these relationships are great!

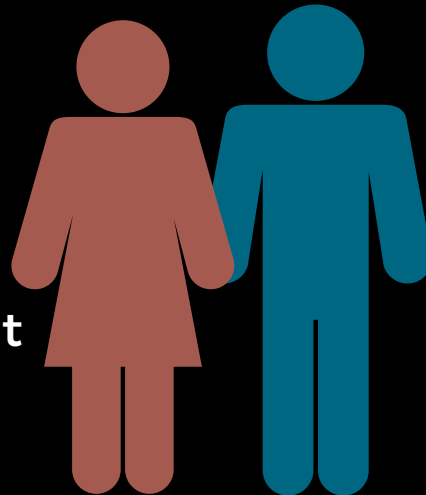


Friend  
Employee  
Director  
Mentor

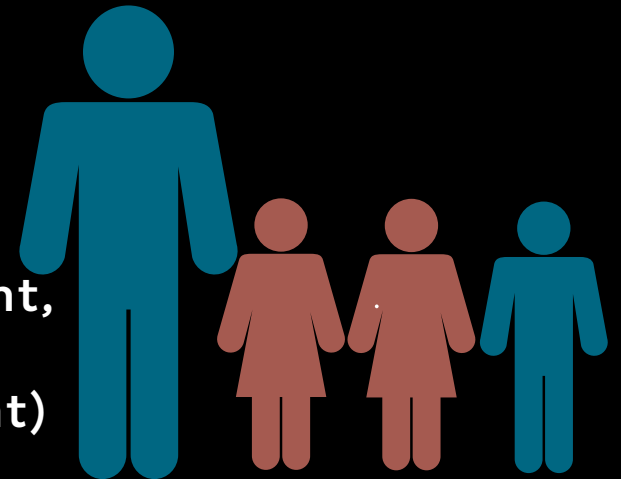


Son  
Brother  
Son-in-Law, Brother-in-Law  
Nephew, Cousin, Uncle  
(Daughter, Sister, Niece, Aunt,  
Daughter-in-Law, Sister-in-Law)

Spouse  
(Fiancé,  
Significant  
Other)



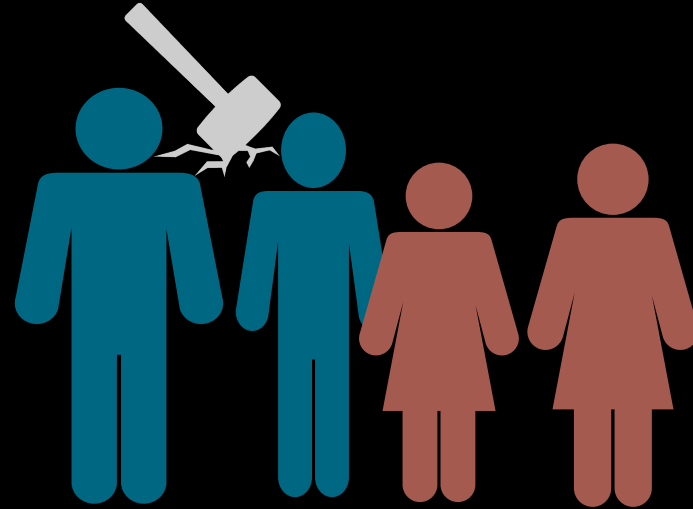
Parent  
(Step-Parent,  
Guardian  
Grandparent)



# Sometimes, they're not.

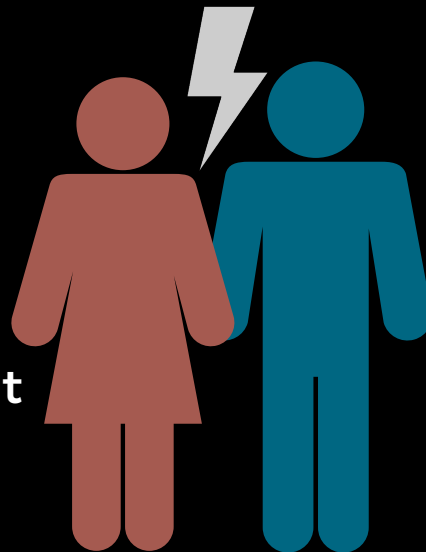


Friend  
Employee  
Director  
Mentor

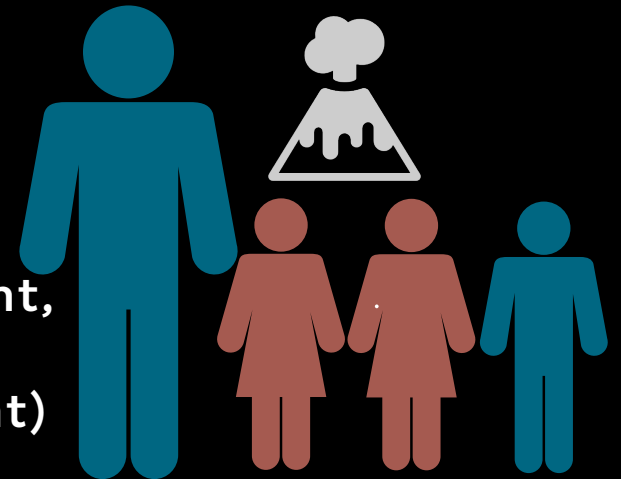


Son  
Brother  
Son-in-Law, Brother-in-Law  
Nephew, Cousin, Uncle  
(Daughter, Sister, Niece, Aunt,  
Daughter-in-Law, Sister-in-  
Law)

Spouse  
(Fiancé,  
Significant  
Other)

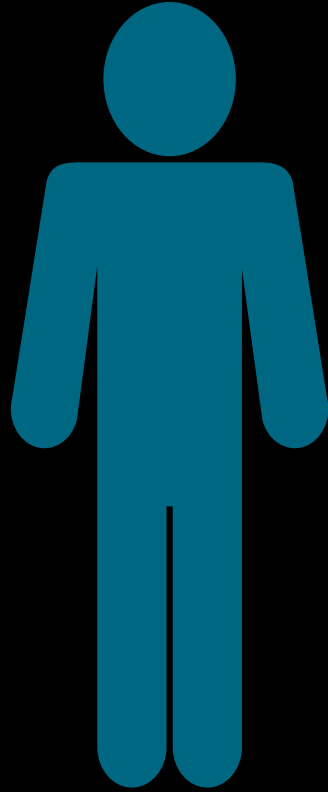


Parent  
(Step-Parent,  
Guardian  
Grandparent)

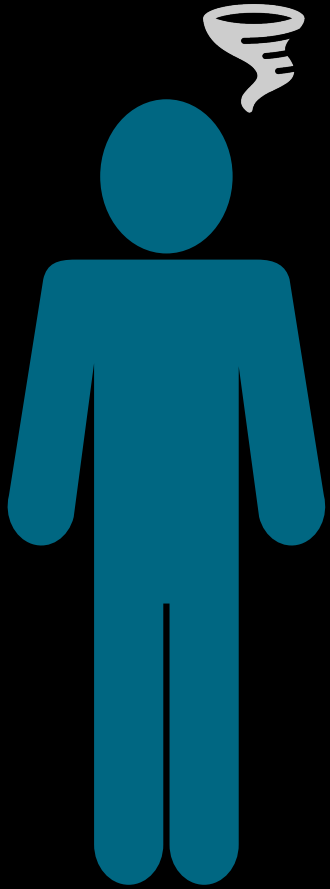




# What do I do when they're not?



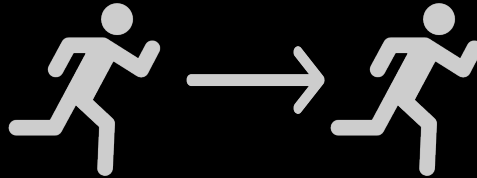
# Unhelpful plays I may have tried...



Guarding REACTIVELY



Enmeshment  
Codependency

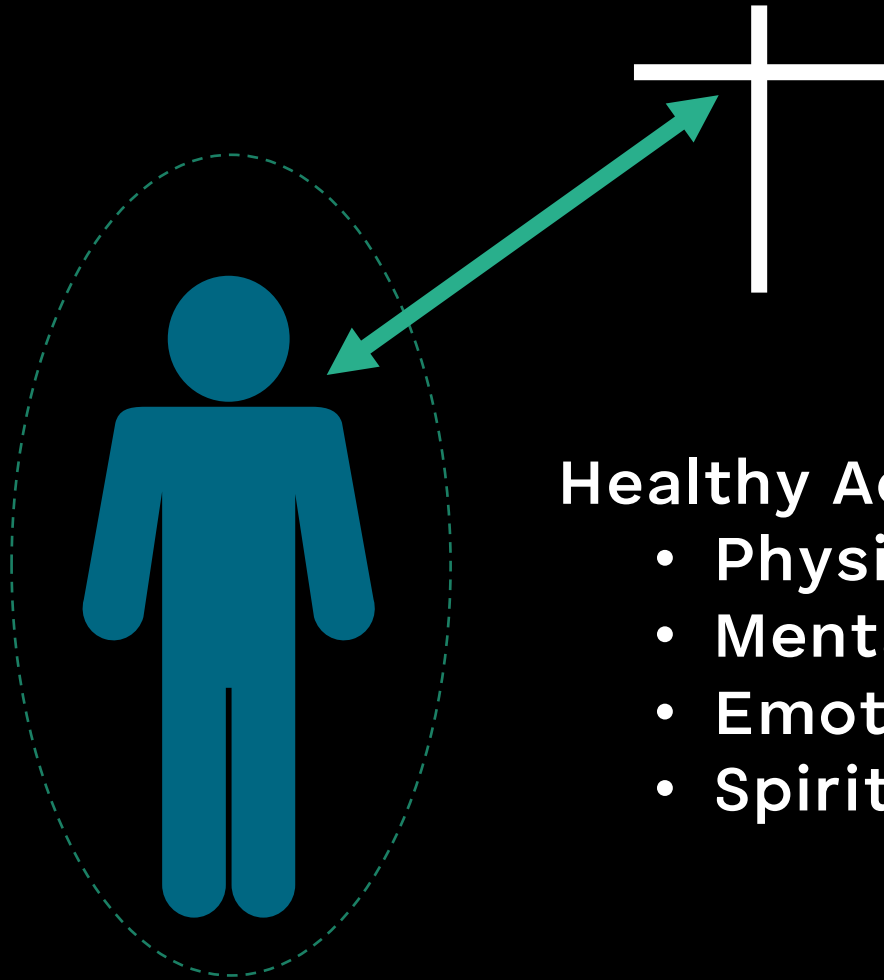


Chasing  
Avoiding



Disconnection  
Detachment

# Healthy relationships start with a healthy person.

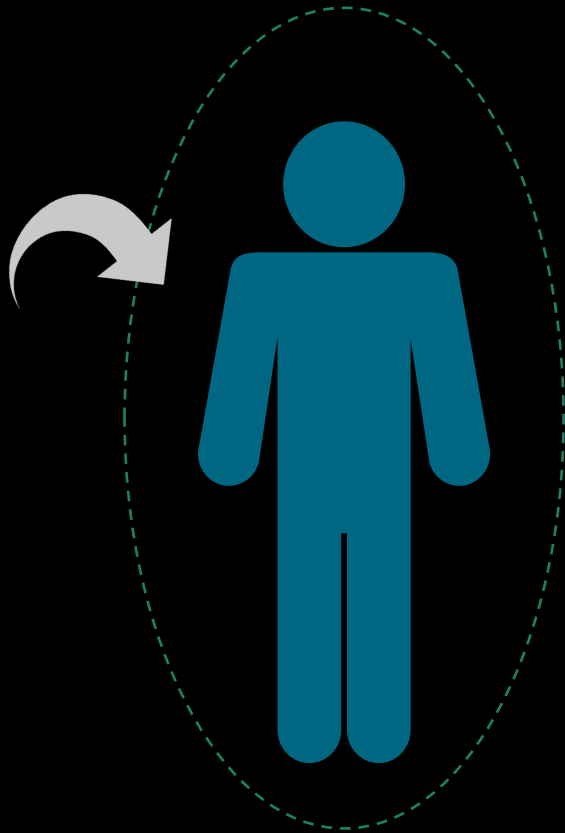


**Healthy Adult = I am Responsible for Myself**

- Physically: Actions
- Mentally: Thoughts
- Emotionally: Feelings
- Spiritually: Beliefs

# A different play for me in relationships...

My  
Yard



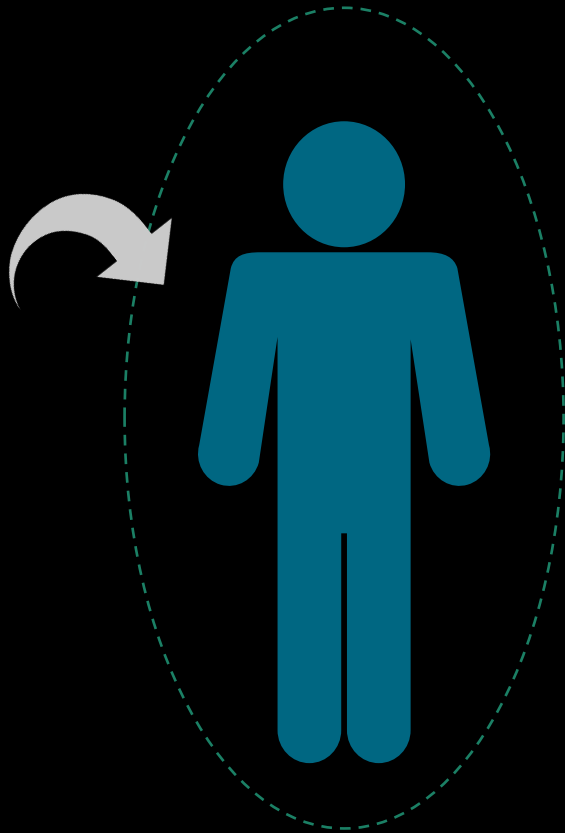
Someone  
Else's  
Yard  
(Not  
mine.)

# A different play for me in relationships...

## Three Laws for “Yards”:

1. I am responsible  
for my yard (my  
actions, thoughts,  
feelings, beliefs.)

My  
Yard



Someone  
Else's  
Yard  
(Not  
mine.)

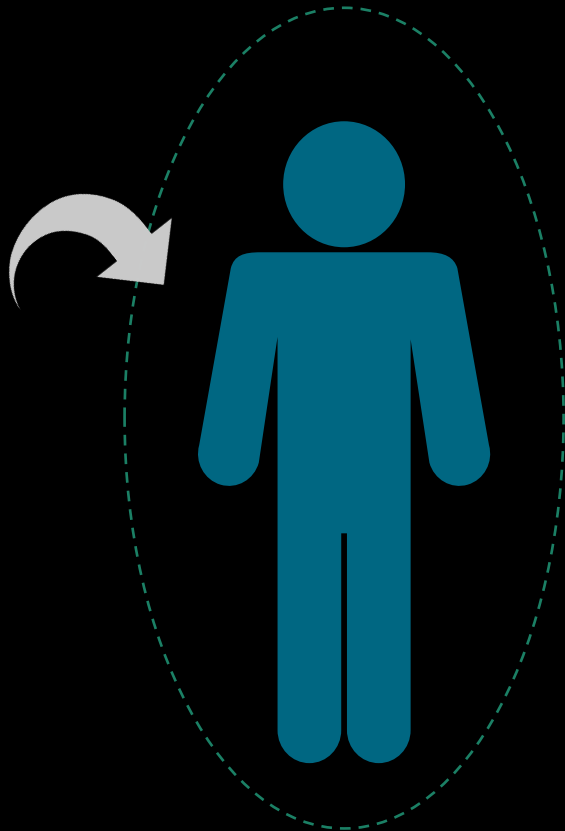
# A different play for me in relationships...

## Three Laws for “Yards”:

1. I am responsible  
for my yard (my  
actions, thoughts,  
feelings, beliefs.)

2. I am not in  
charge of someone  
else’s yard (their  
actions, thoughts,  
feelings, beliefs.)

My  
Yard



Someone  
Else’s  
Yard  
(Not  
mine.)

# A different play for me in relationships...

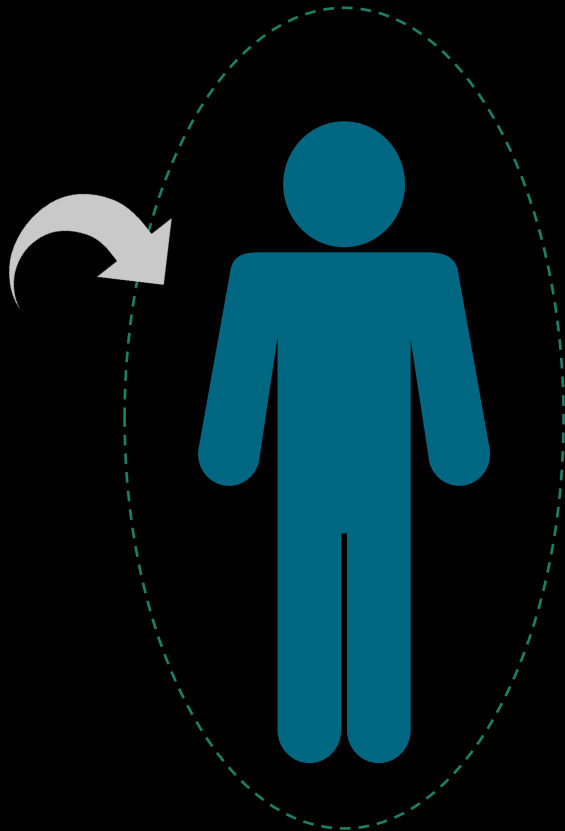
## Three Laws for “Yards”:

1. I am responsible  
for my yard (my  
actions, thoughts,  
feelings, beliefs.)

2. I am not in  
charge of someone  
else’s yard (their  
actions, thoughts,  
feelings, beliefs.)

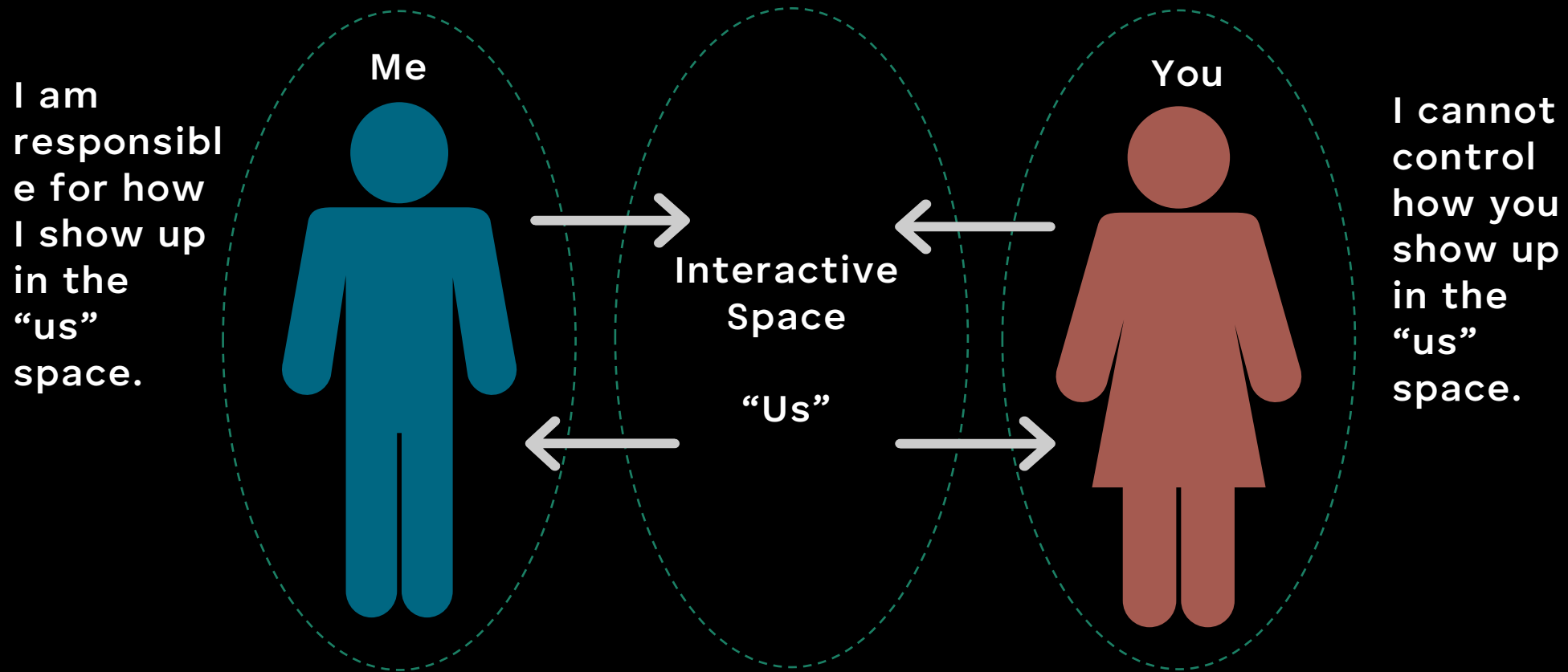
3. Our yards  
**IMPACT** and  
**INFLUENCE** one  
another, but don’t  
determine  
outcomes.

My  
Yard



Someone  
Else’s Yard  
(Not mine.)

# A different play for me in relationships...

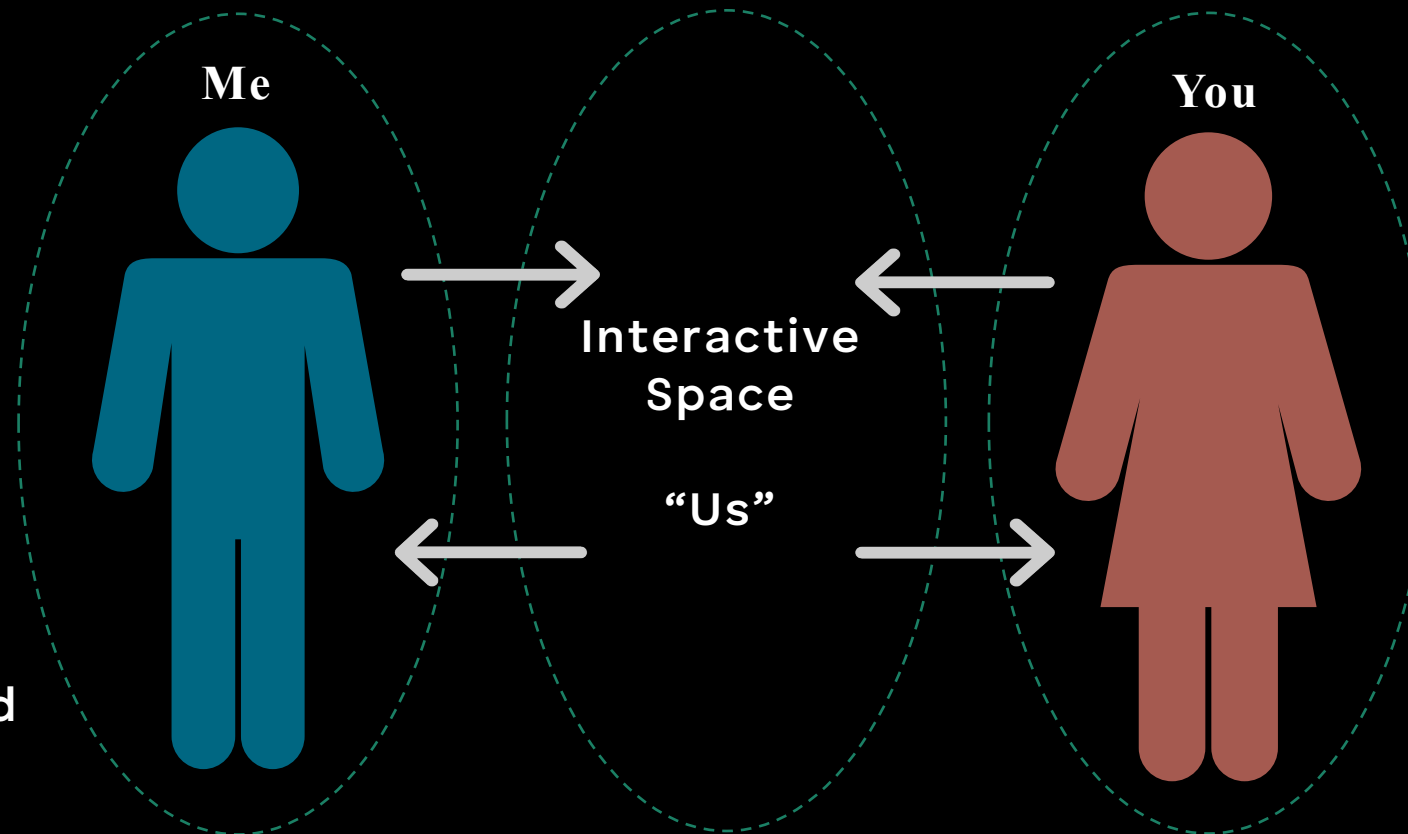




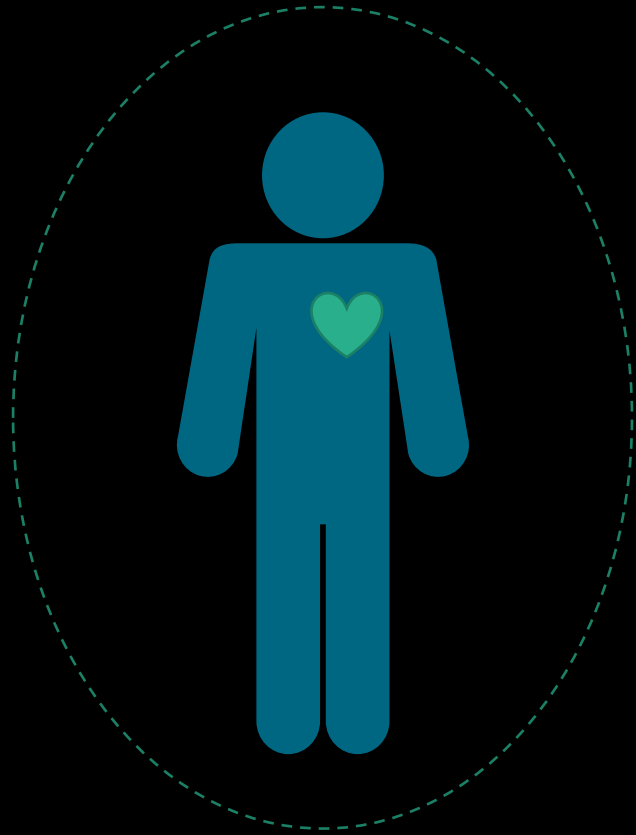
# A different play for me in relationships...

When I  
show up  
REACTIVE,  
that space  
will not be  
safe for me  
or you.

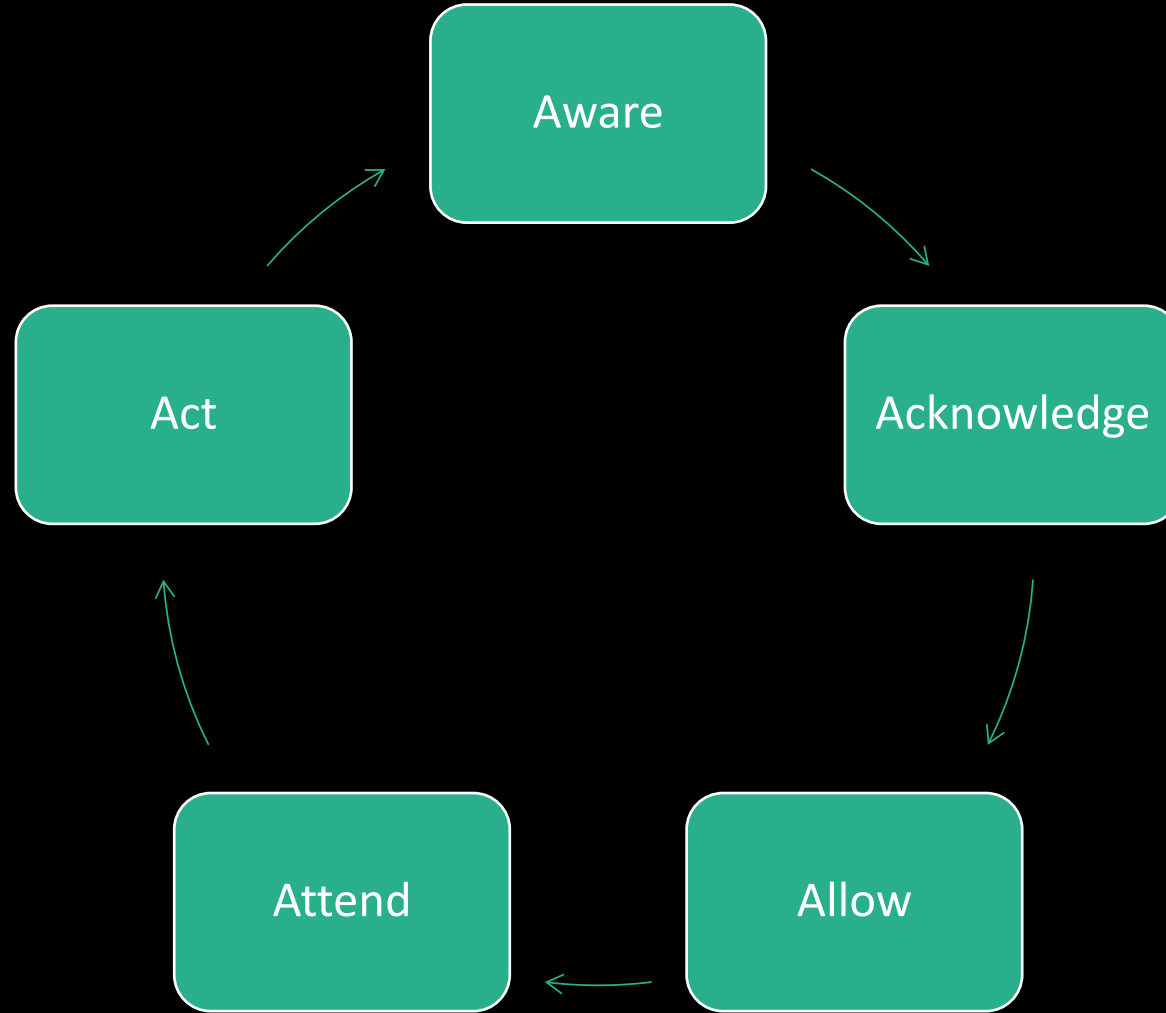
I want  
to show  
up in my  
INTEGRITY –  
well cared  
for, open, and  
regulated.



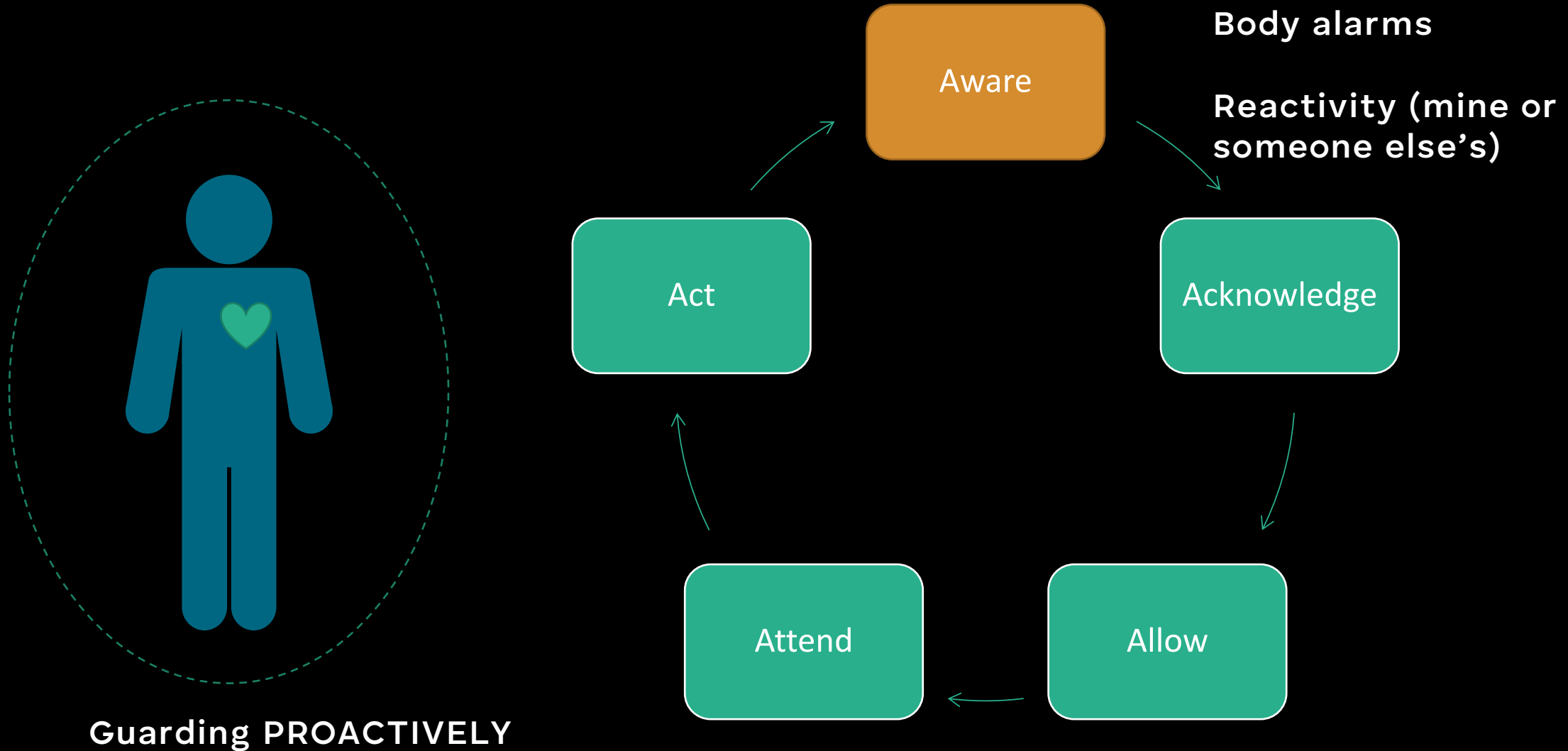
# HOW: A Care Cycle



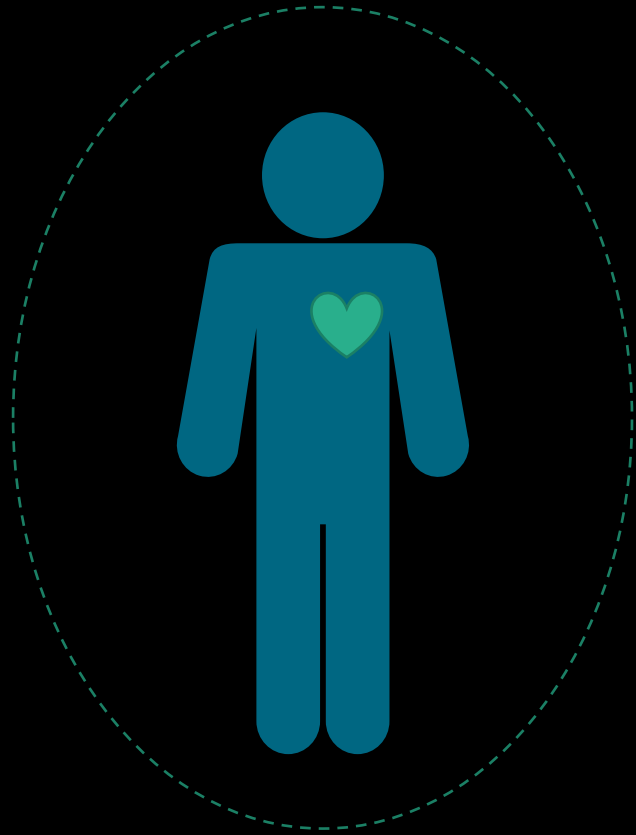
Guarding PROACTIVELY



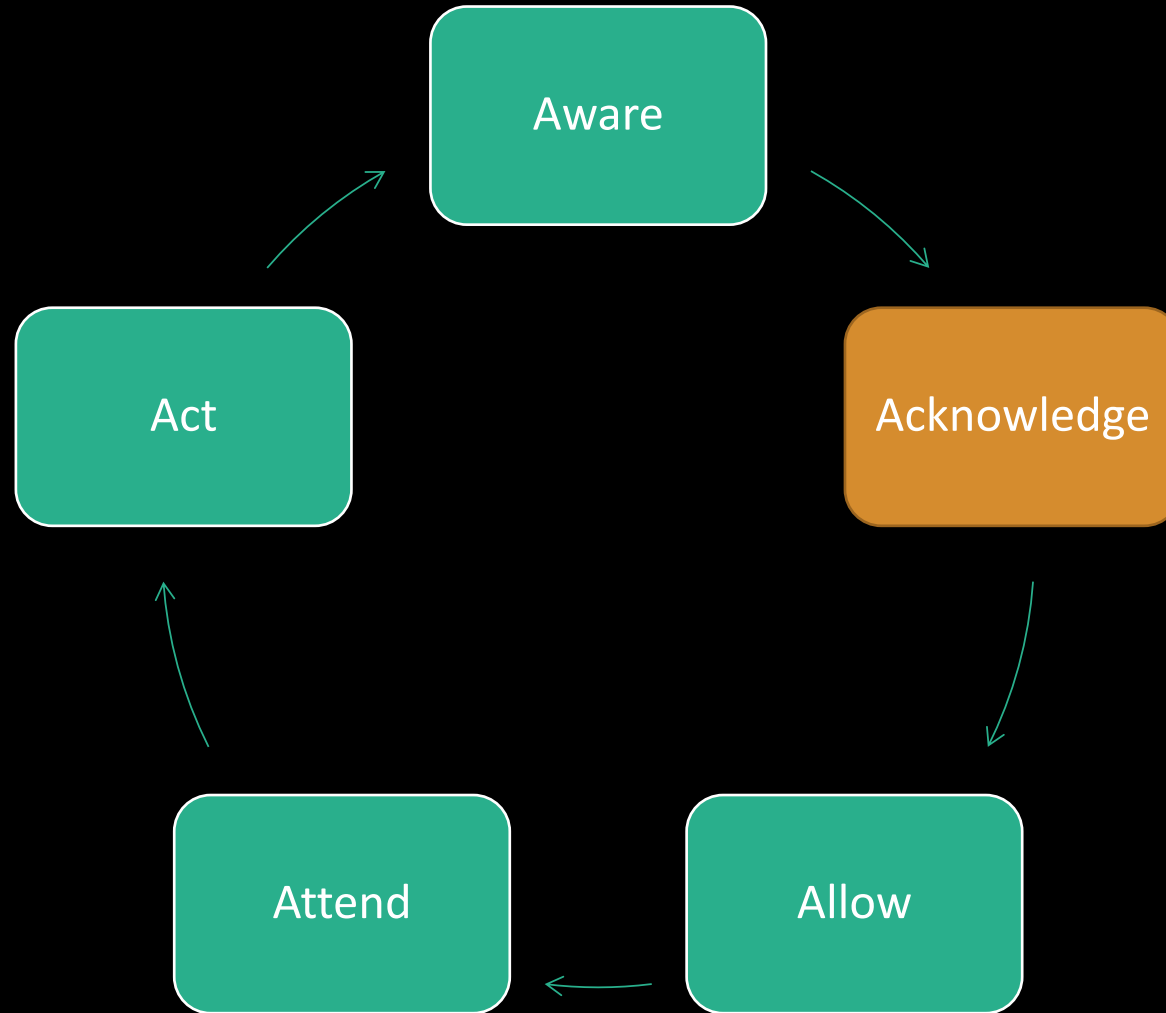
# HOW: A Care Cycle



# HOW: A Care Cycle



Guarding PROACTIVELY



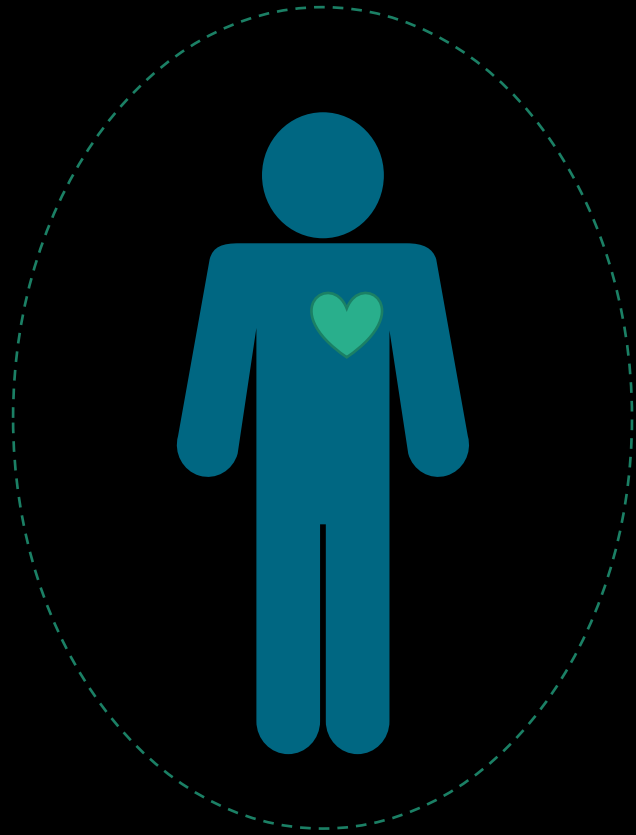
There's  
valuable  
information  
here.

Curiosity  
instead of  
judgment.

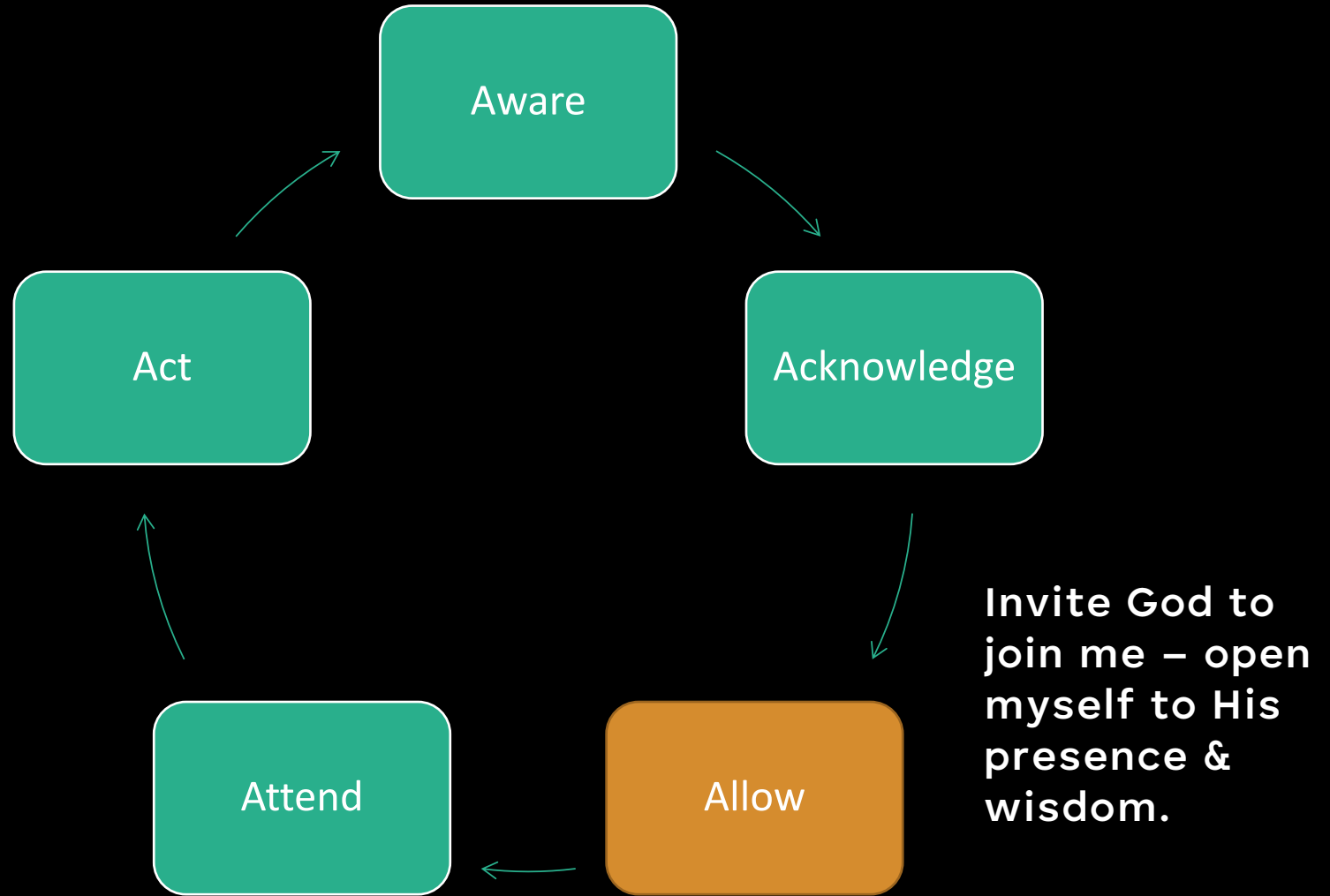
My yard is  
my job.

~~Denial.~~  
~~Powerless.~~

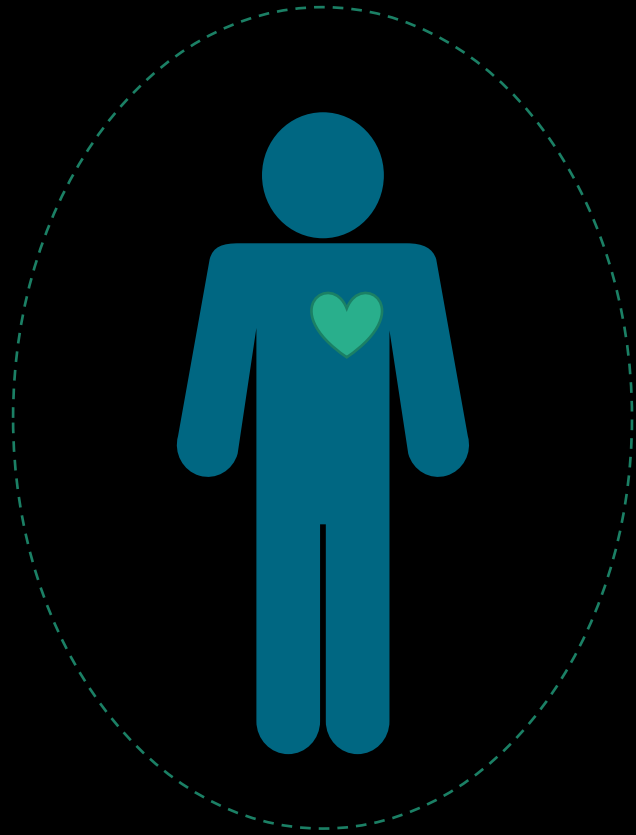
# HOW: A Care Cycle



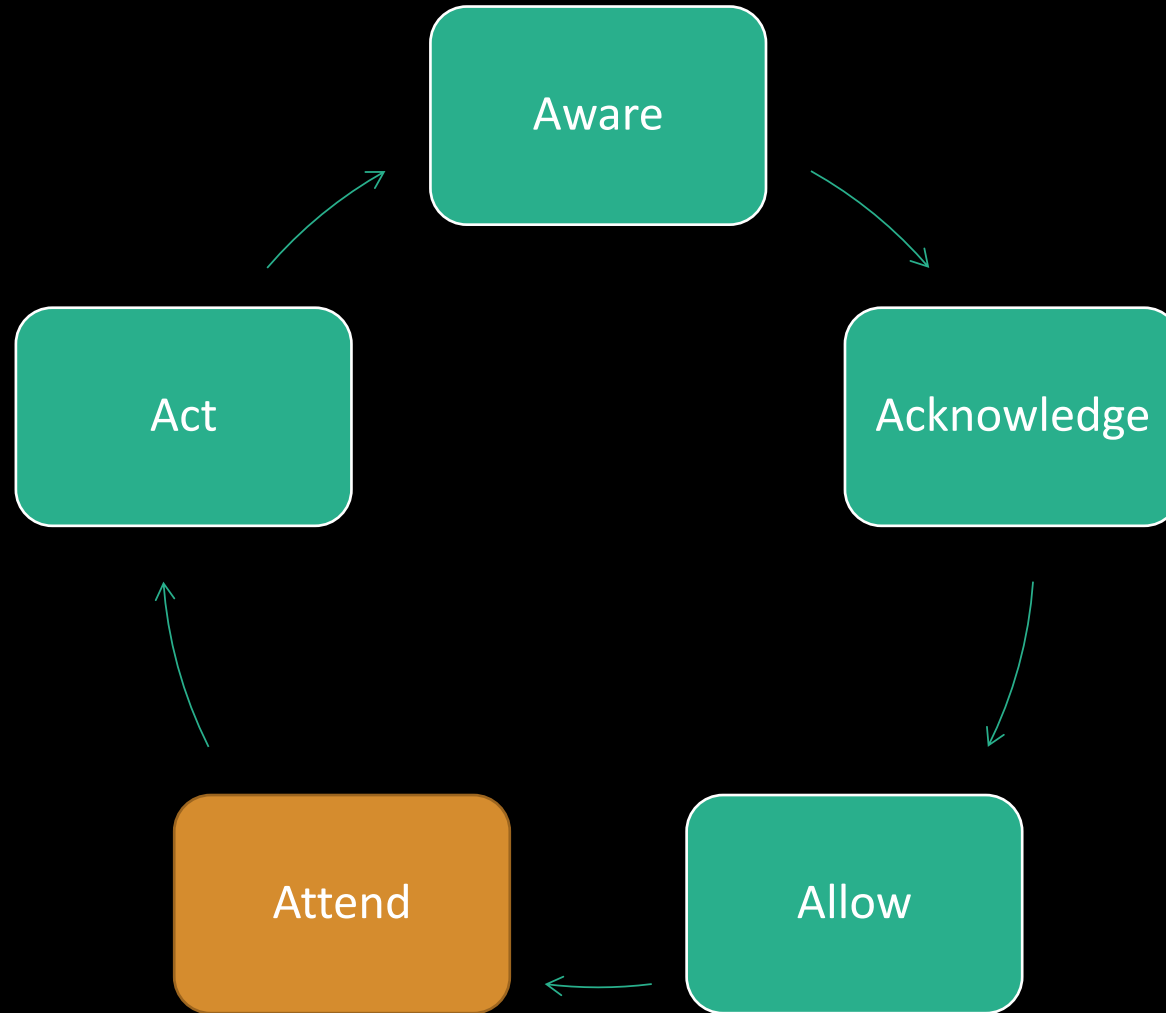
Guarding PROACTIVELY



# HOW: A Care Cycle



Guarding PROACTIVELY



What am I feeling?

What am I fearing?

Is this familiar?

Am I turning up the volume?

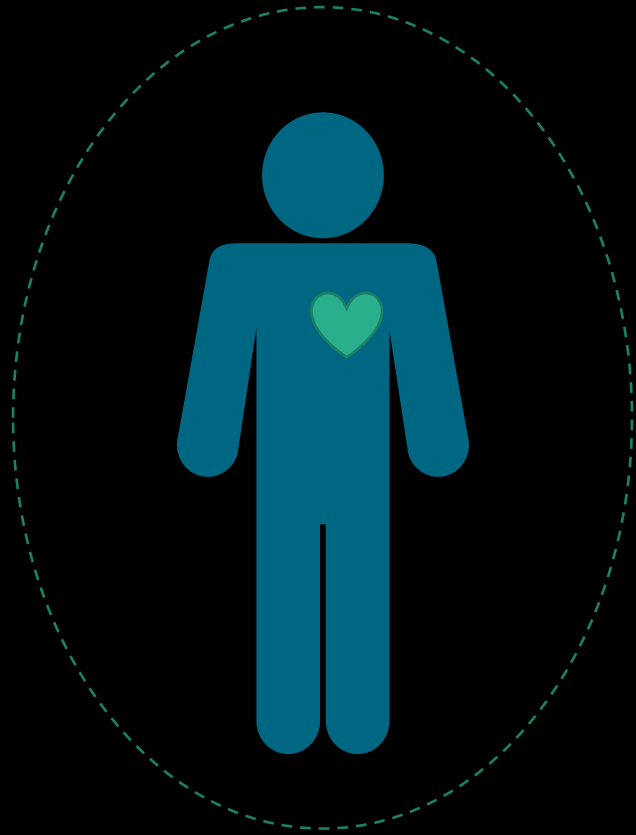
What is the truth?

What is the Truth?  
What does Scripture say?

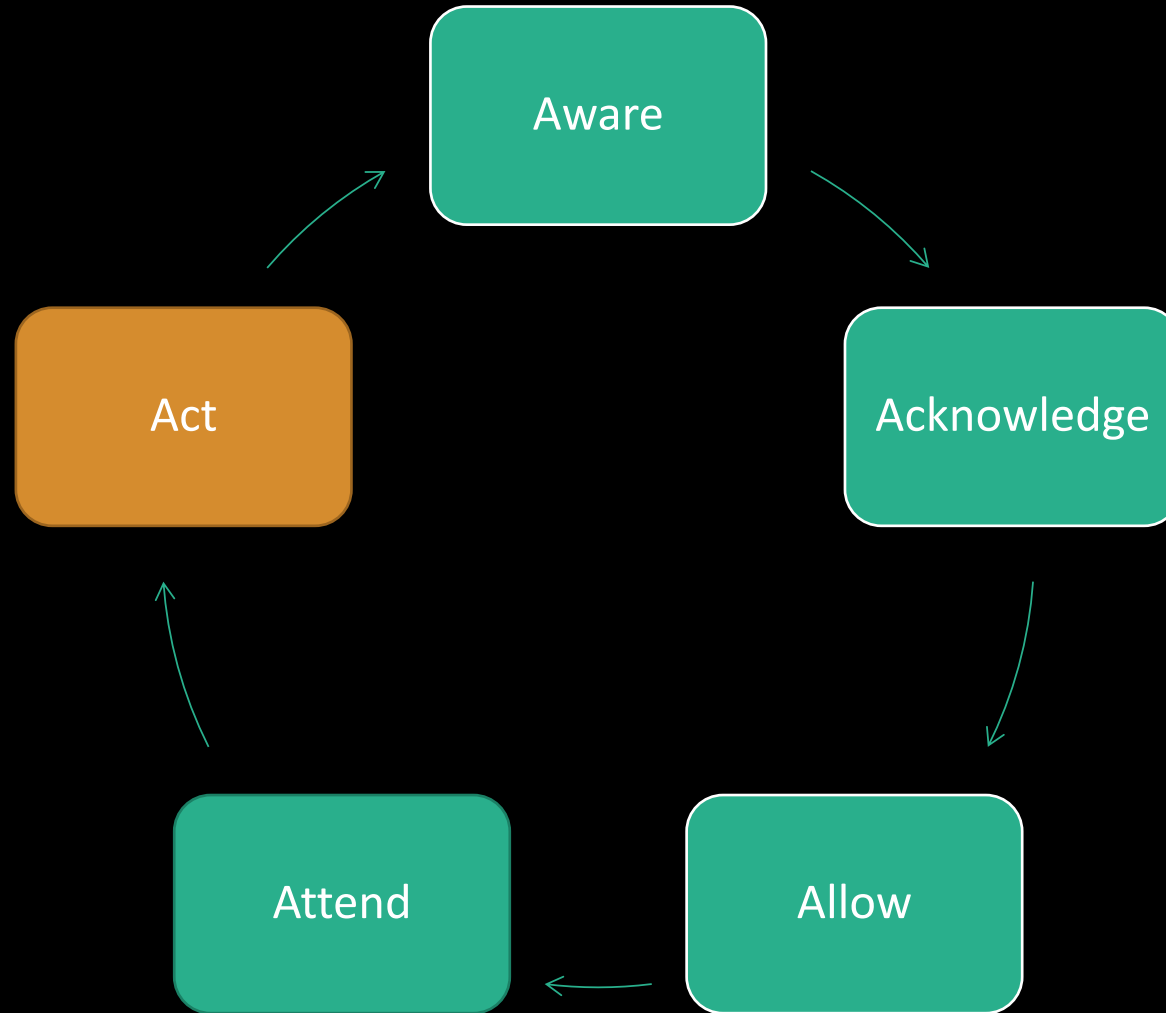
Who needs empathy, compassion, or grace?

What am I wanting, and what gives me the best chance of moving toward that?

# HOW: A Care Cycle



Guarding PROACTIVELY



Whatever I do, I  
show up in my  
integrity.

Do something that  
gives me life or  
rest.

Rest in a Truth.

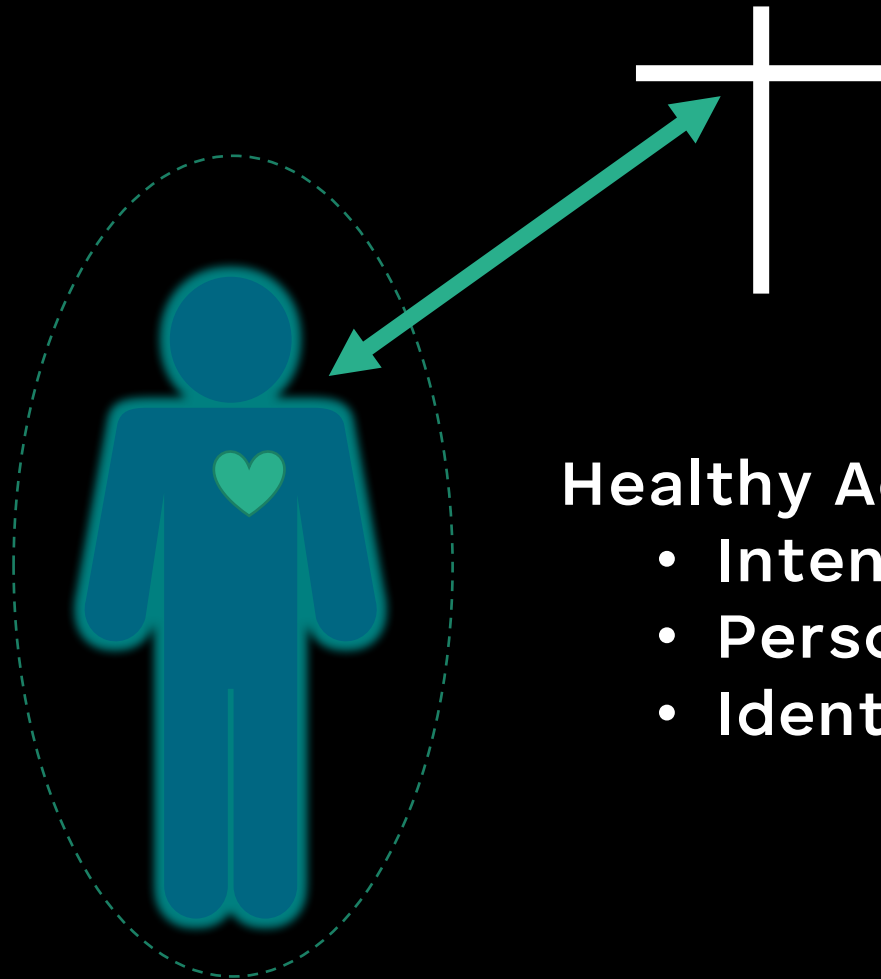
Have a  
conversation.

Set a boundary.

Wait well.

Grieve.

# Well Cared For

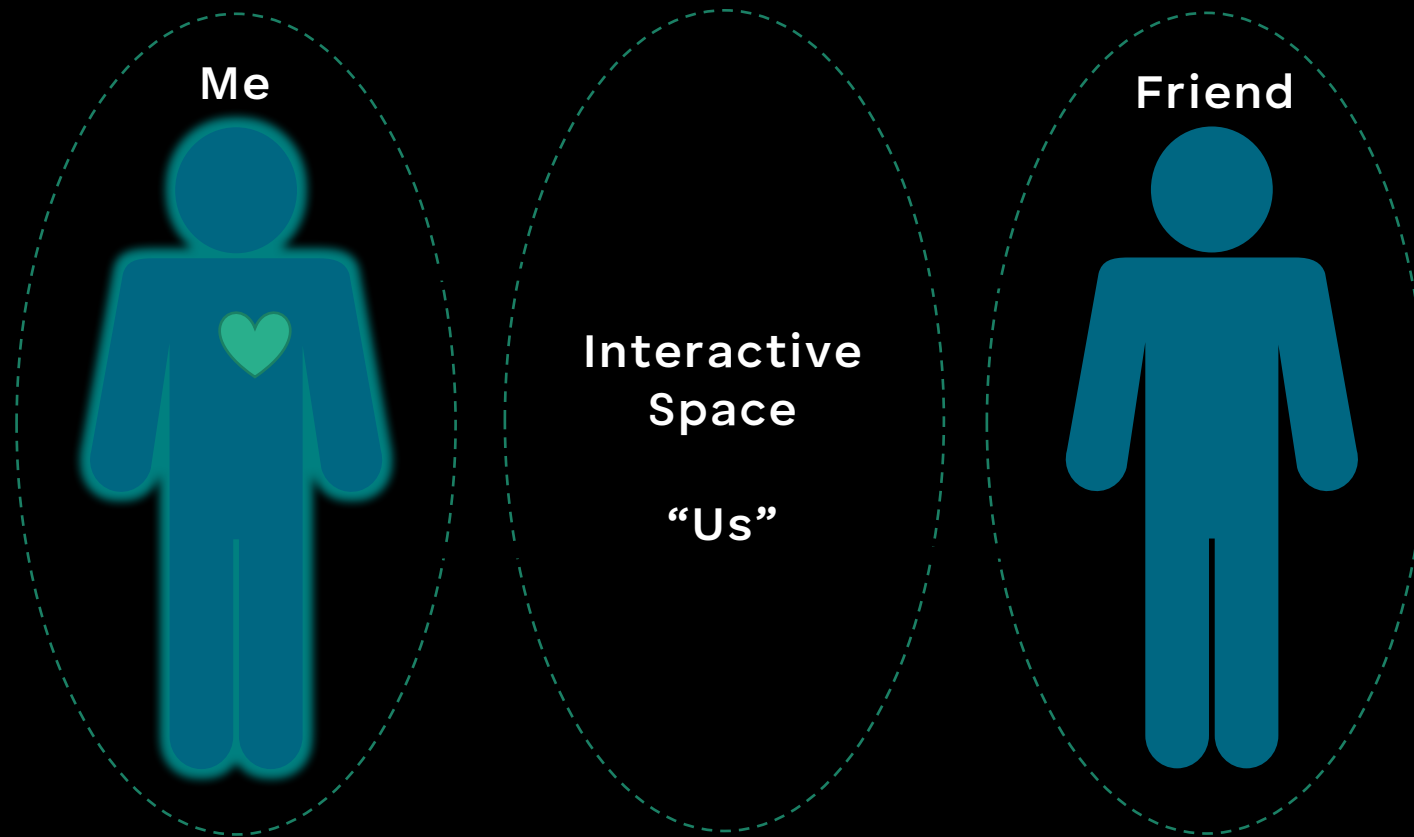


Healthy Adult =

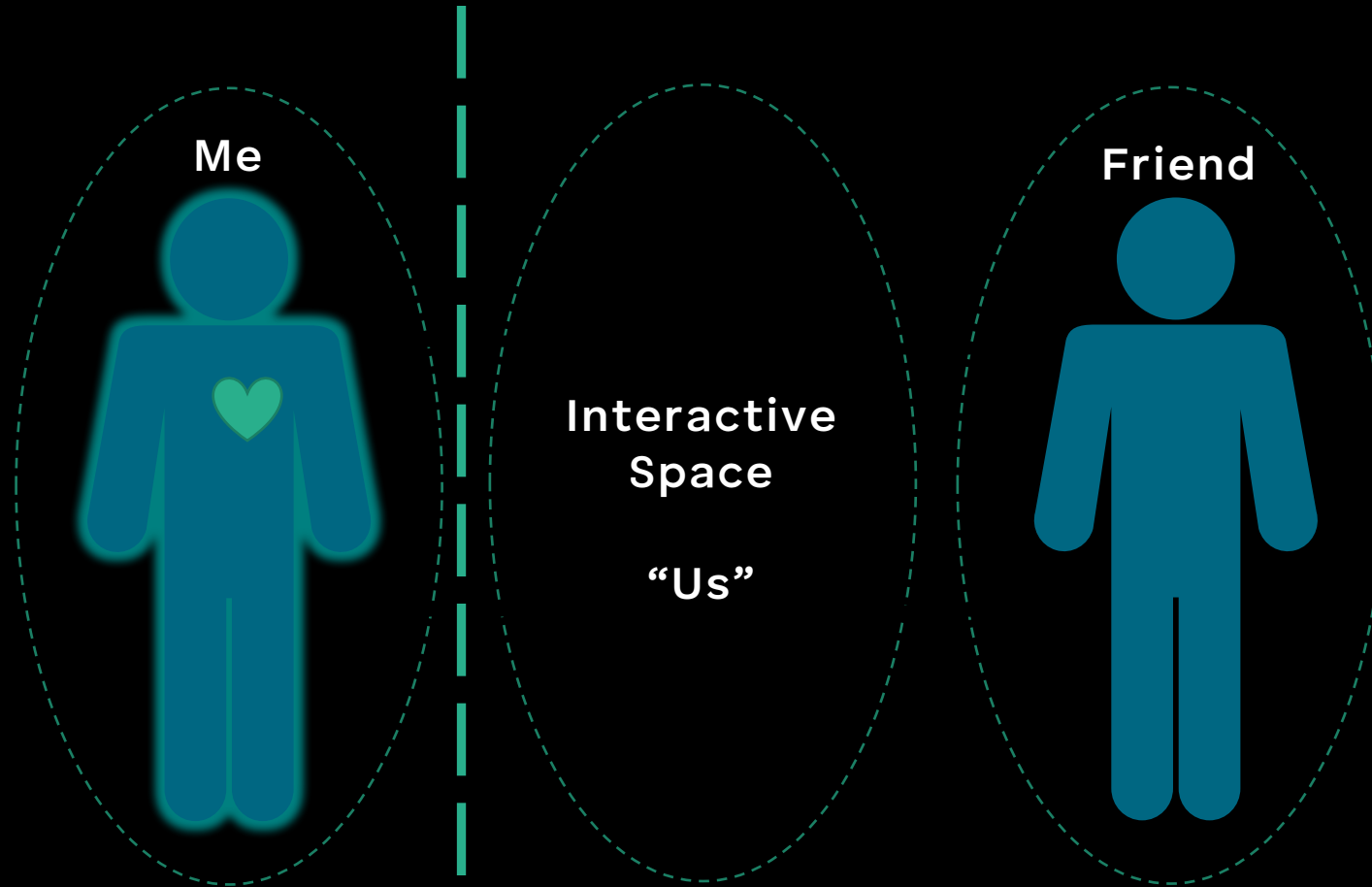
- Intentionality
- Personal Responsibility and Safety
- Identity and Integrity



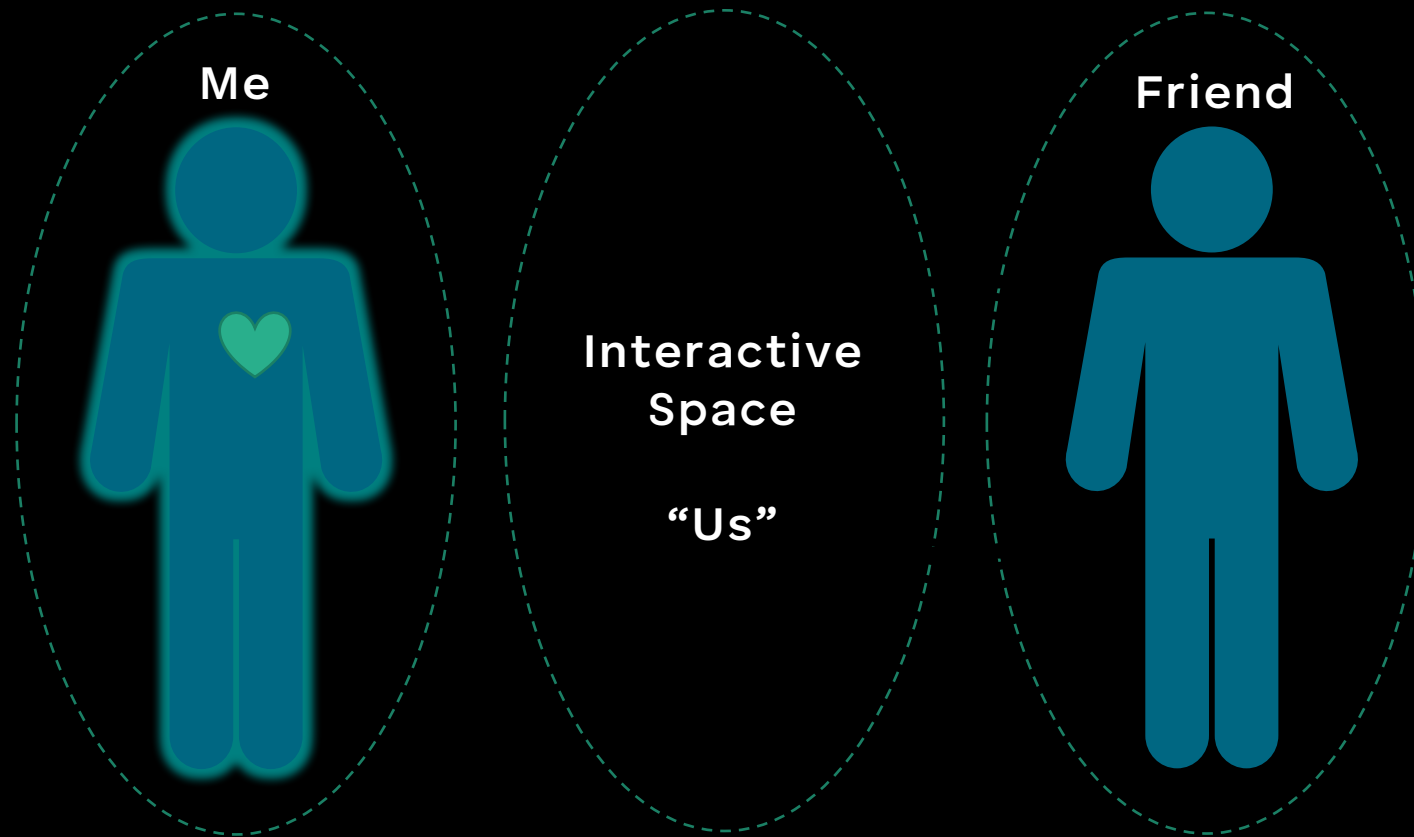
# A different play for me in relationships...



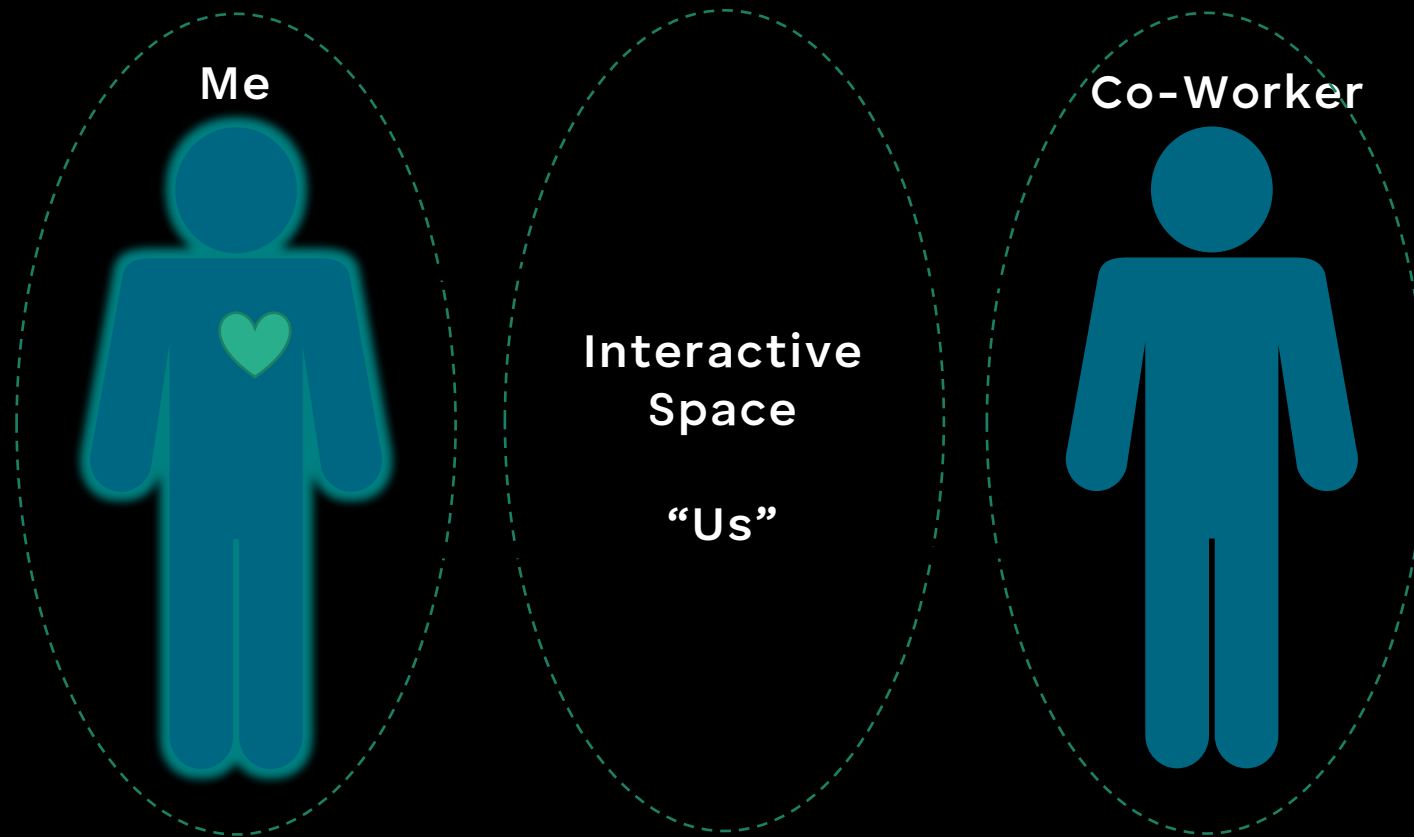
# A different play for me in relationships...



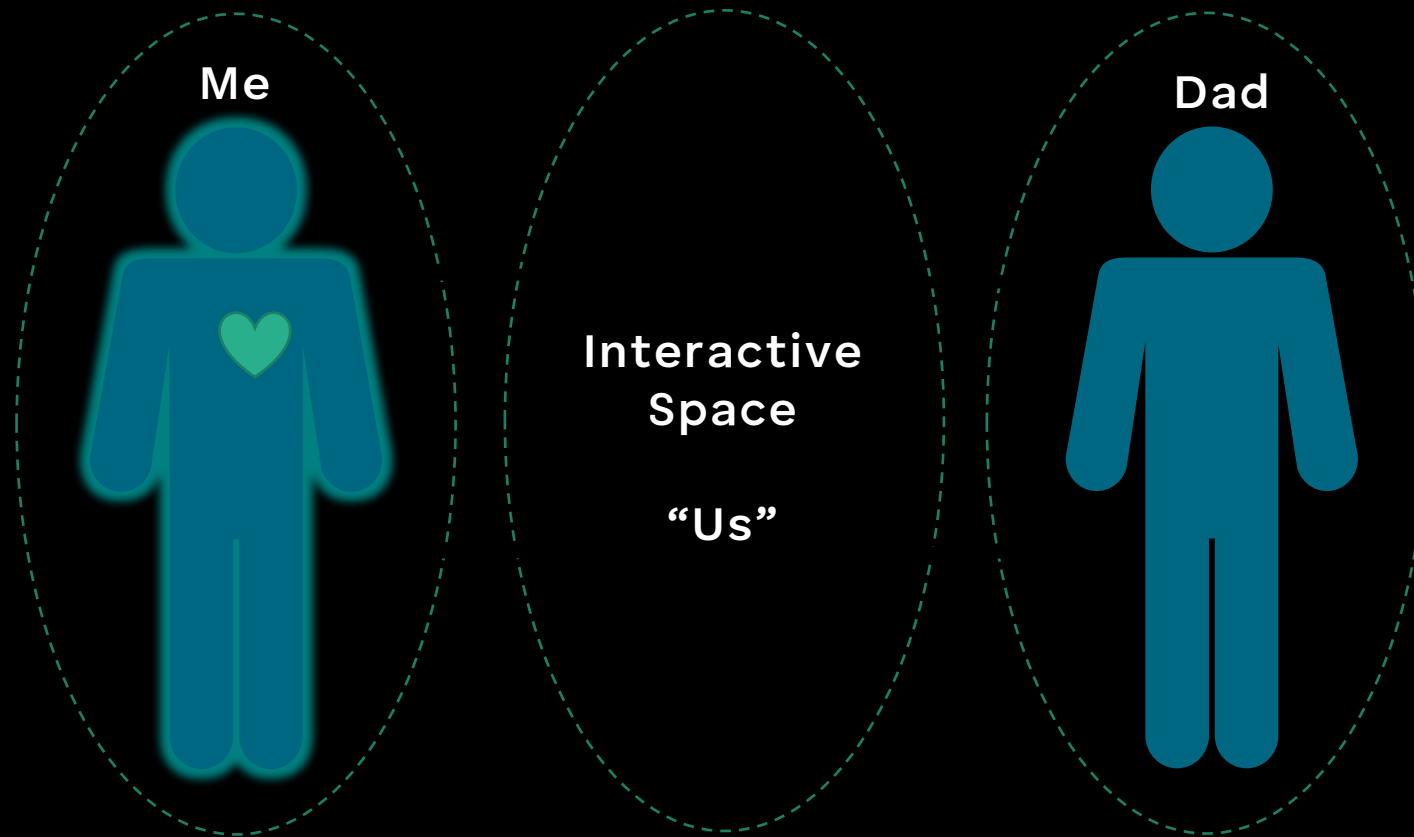
# A different play for me in relationships...



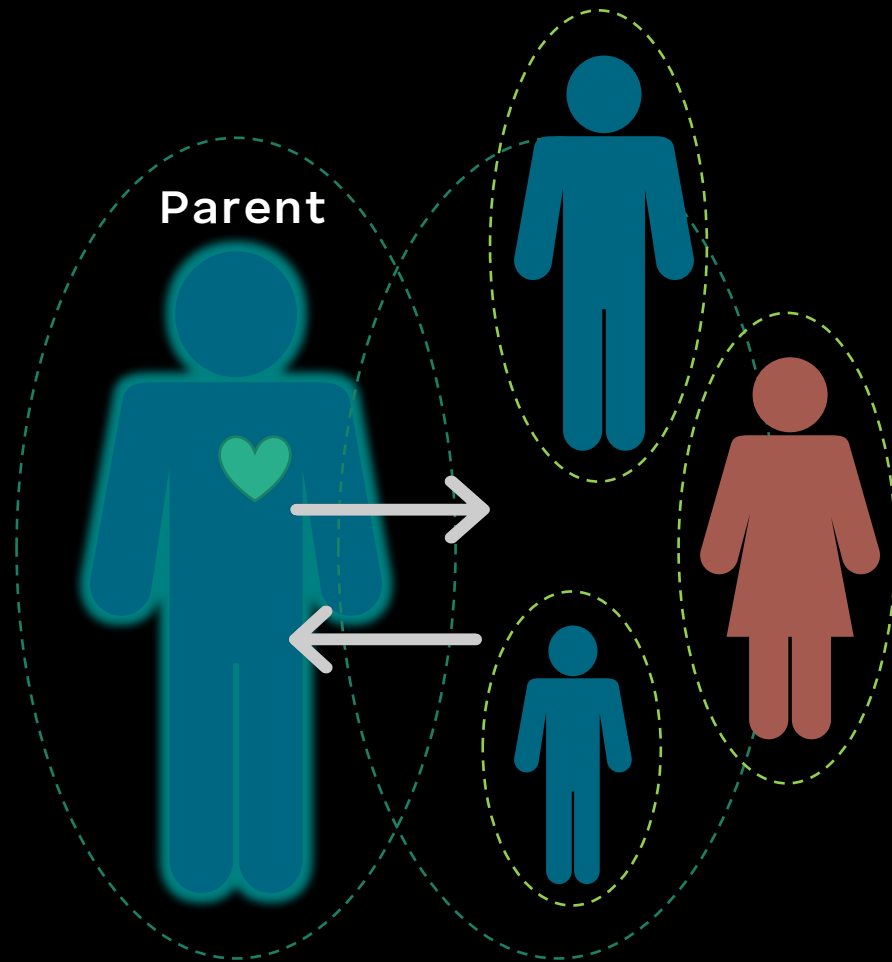
# A different play for me in relationships...



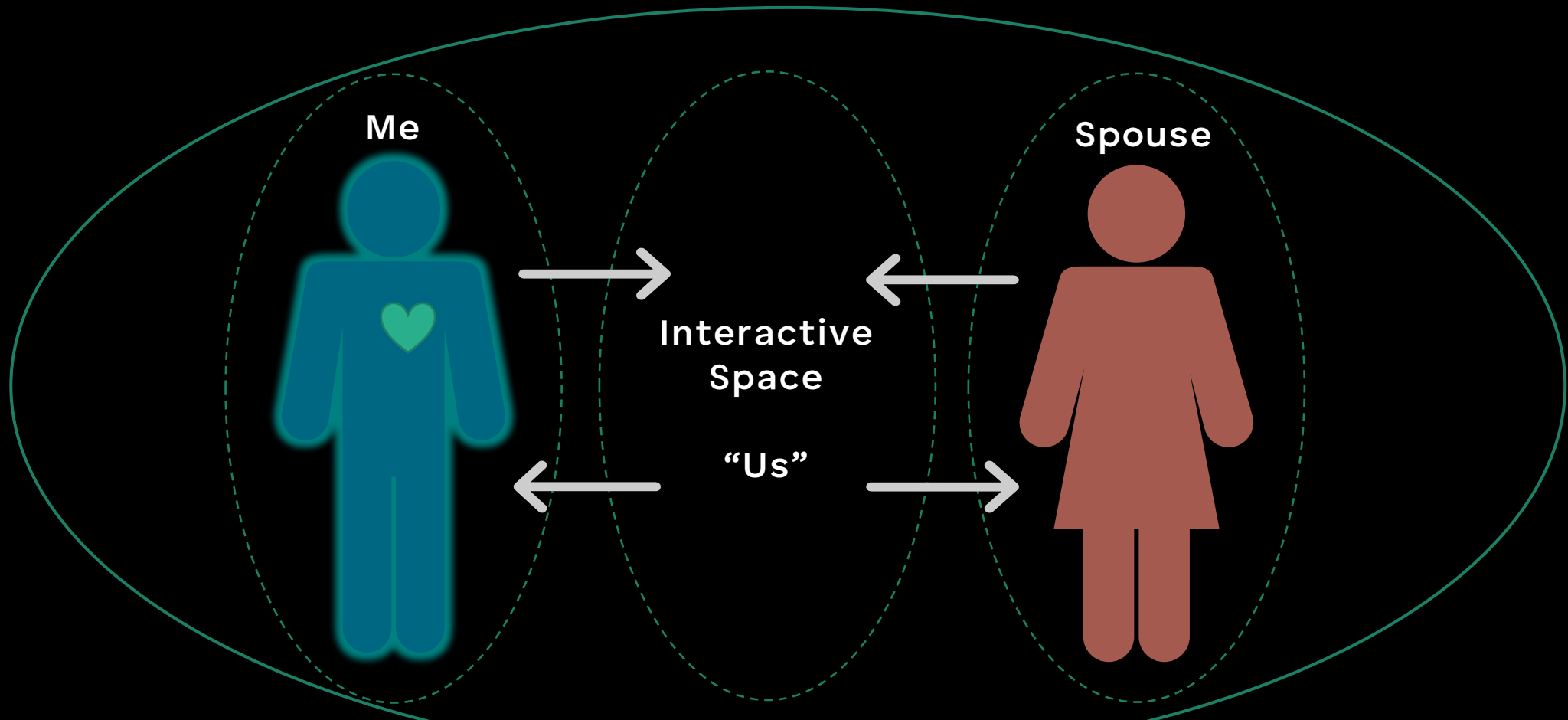
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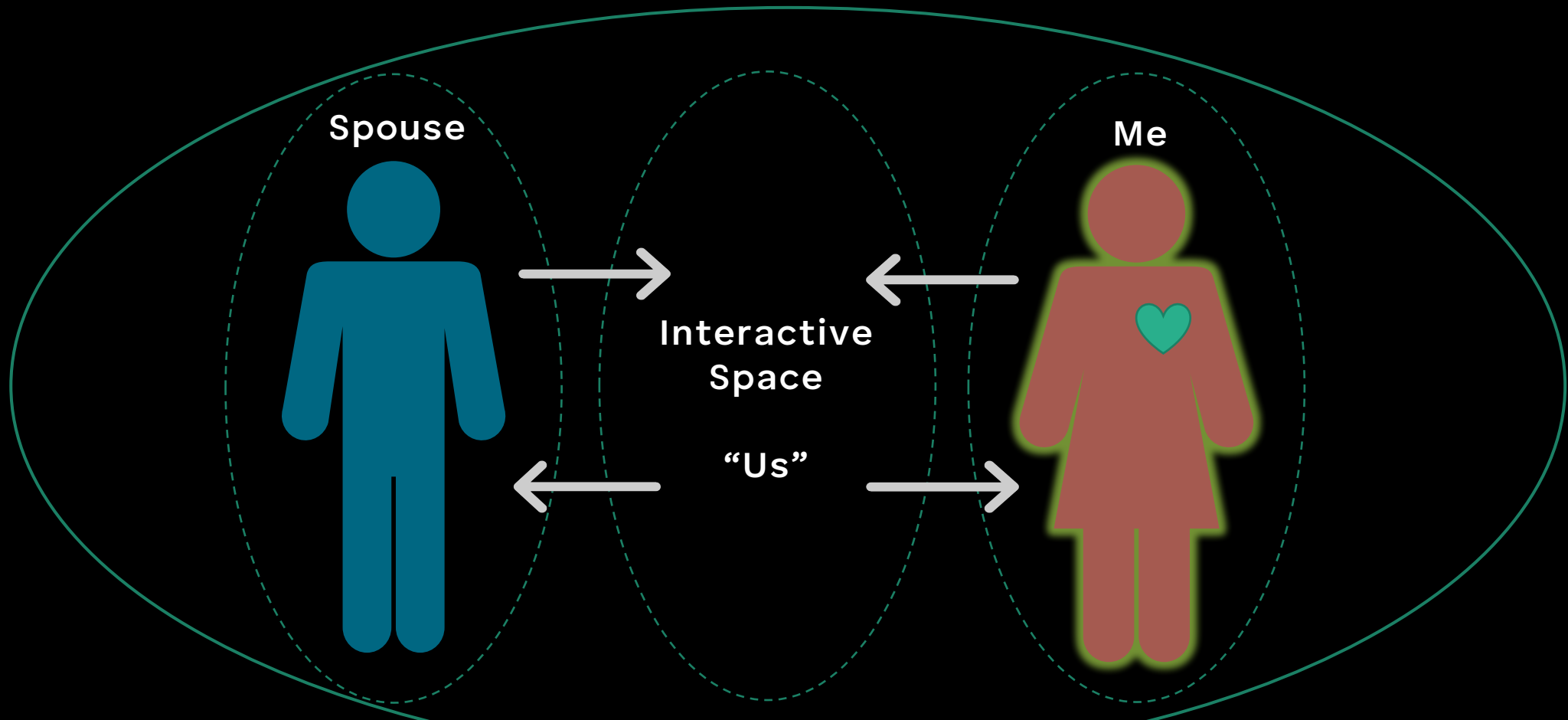
# A different play for me in relationships...



# A different play for me in relationships...

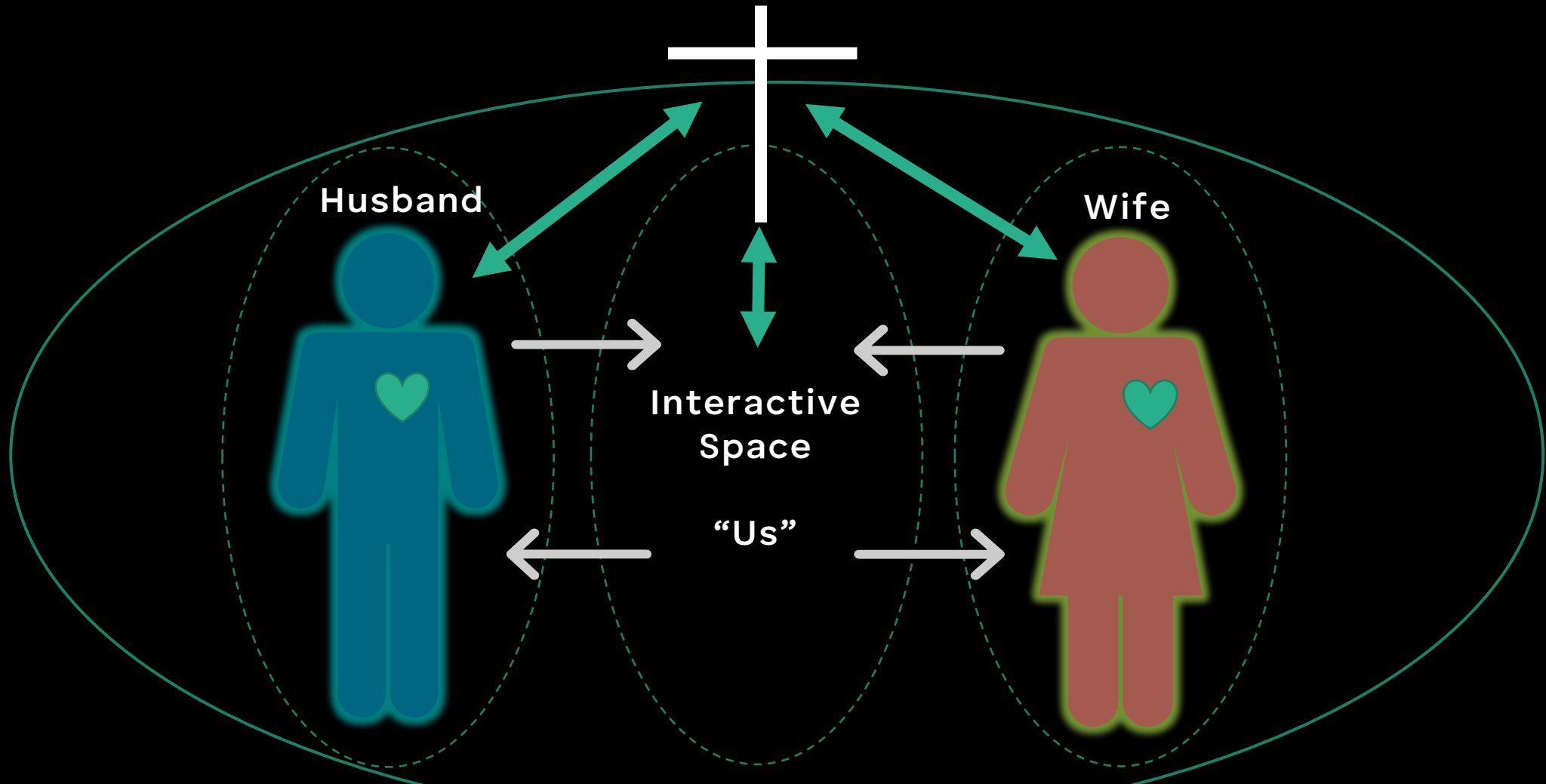


# A different play for me in relationships...





# A different play for me in relationships...



**Slowing down with  
the Lord...**