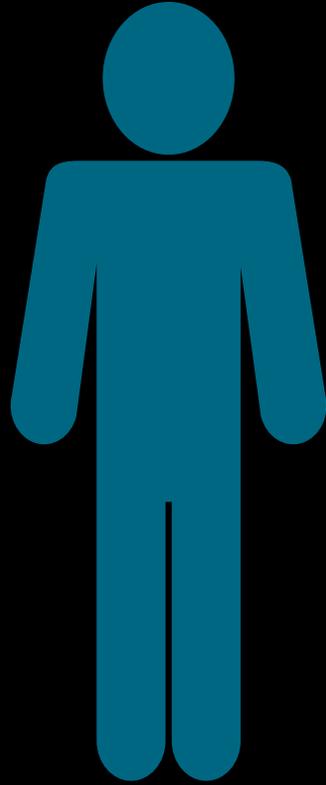
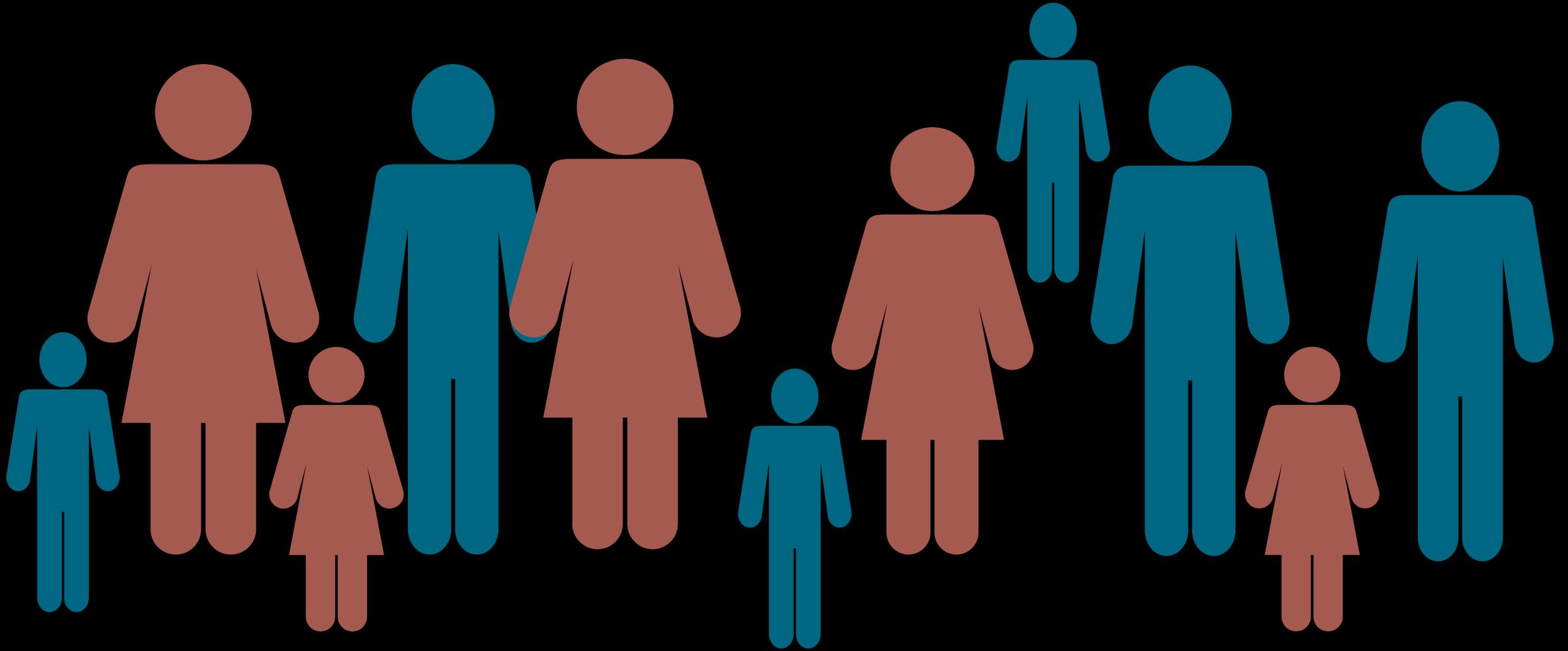


**Guards, Yards, &  
Relationships: New Plays for  
the Playbook**

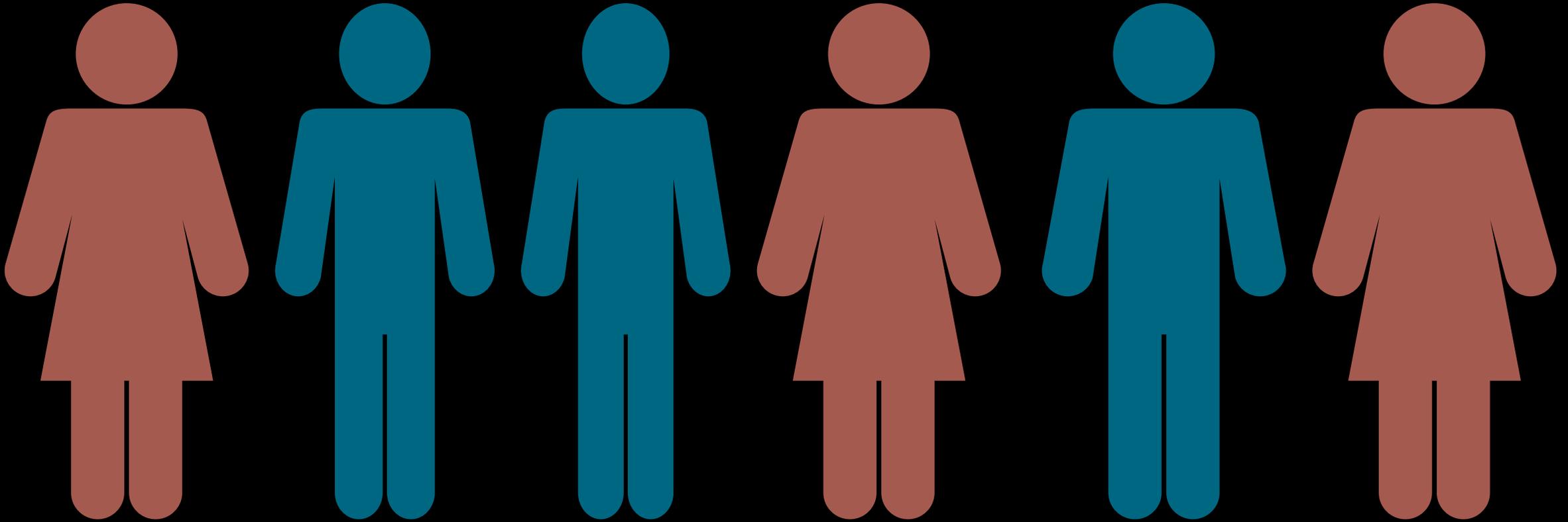
# Person



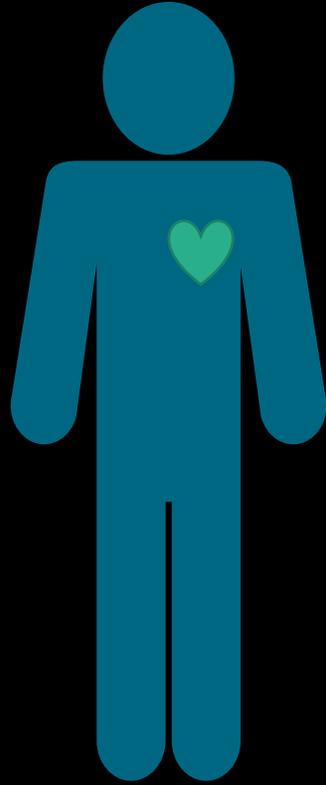
# Grows Up Around People



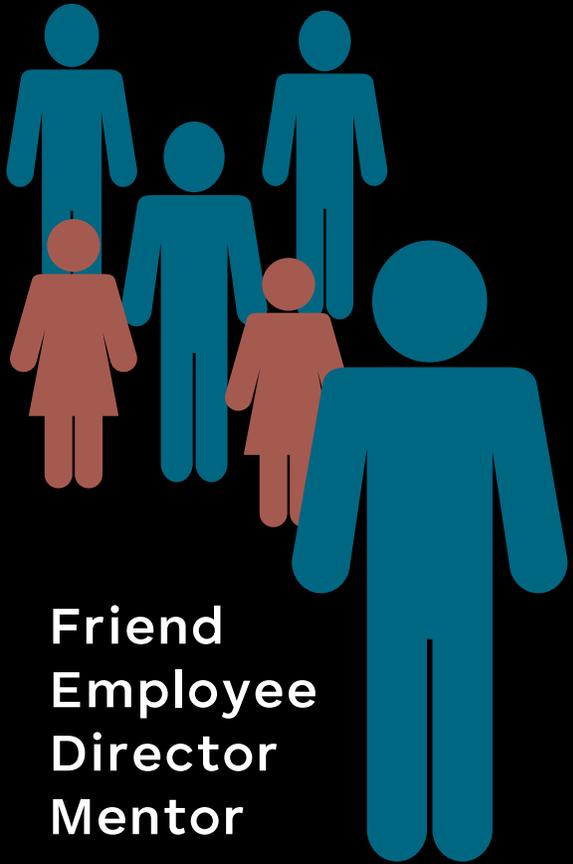
# Meets Many People



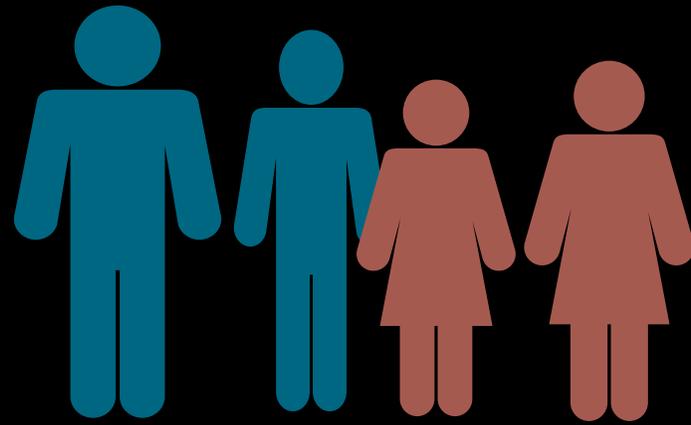
# Person...Core.



# Has Variety of Relationships & Roles

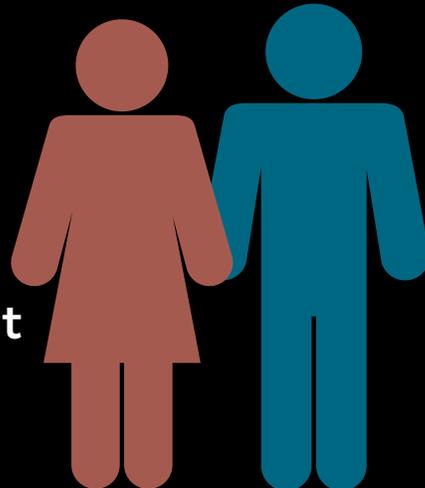


Friend  
Employee  
Director  
Mentor

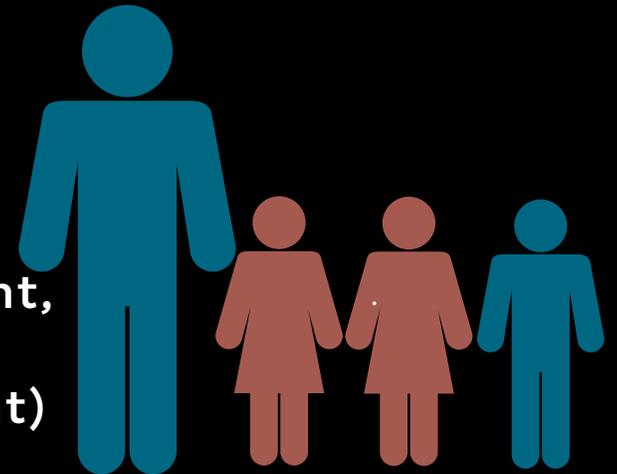


Son  
Brother  
Son-in-Law, Brother-in-Law  
Nephew, Cousin, Uncle  
(Daughter, Sister, Niece, Aunt,  
Daughter-in-Law, Sister-in-Law)

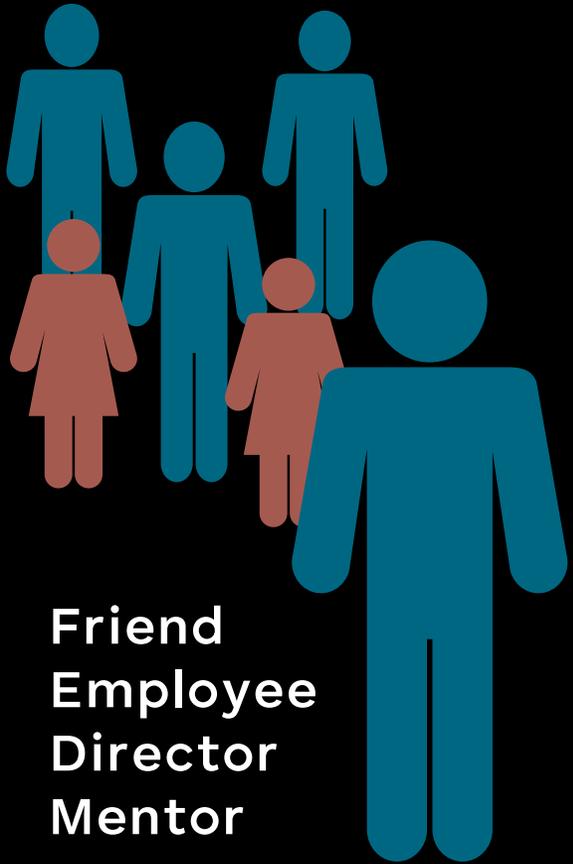
Spouse  
(Fiancé,  
Significant  
Other)



Parent  
(Step-Parent,  
Guardian  
Grandparent)



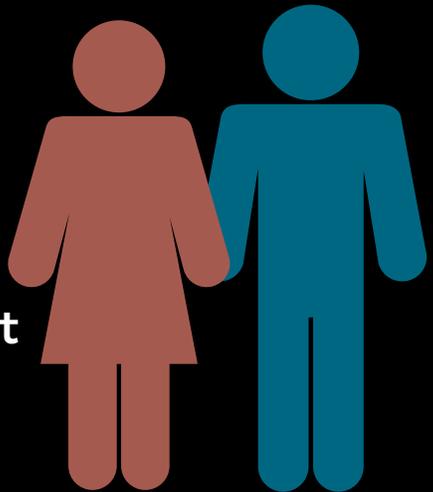
# Sometimes, these relationships are great!



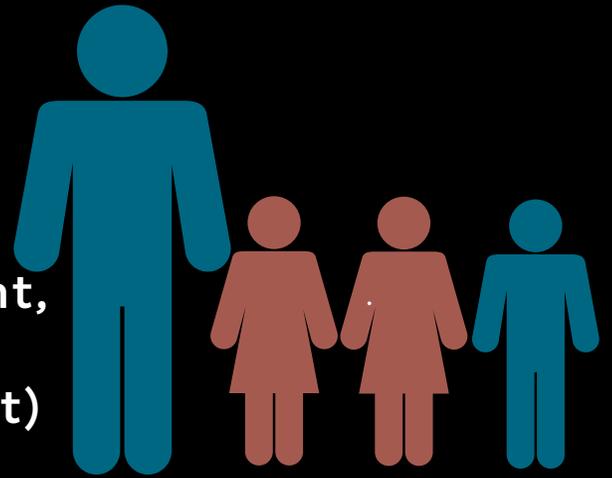
Friend  
Employee  
Director  
Mentor



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

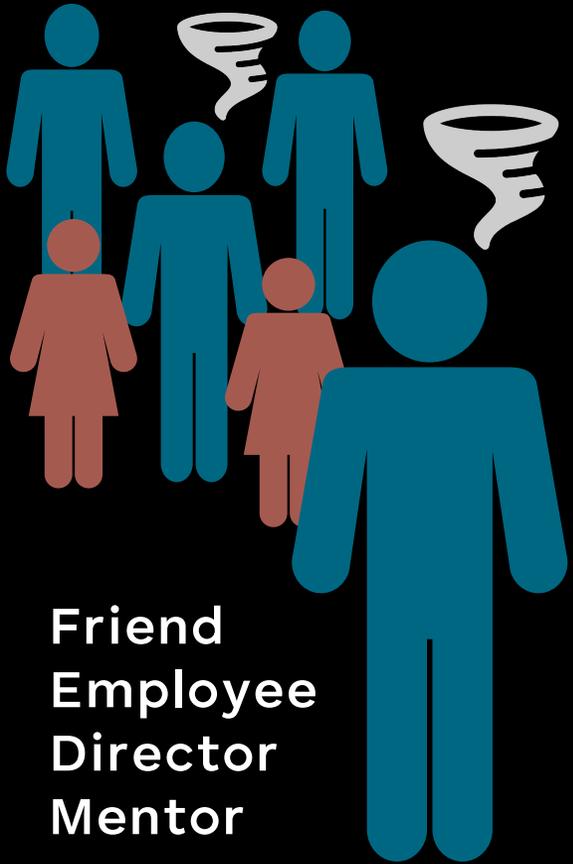


Spouse  
(Fiancé,  
Significant  
Other)

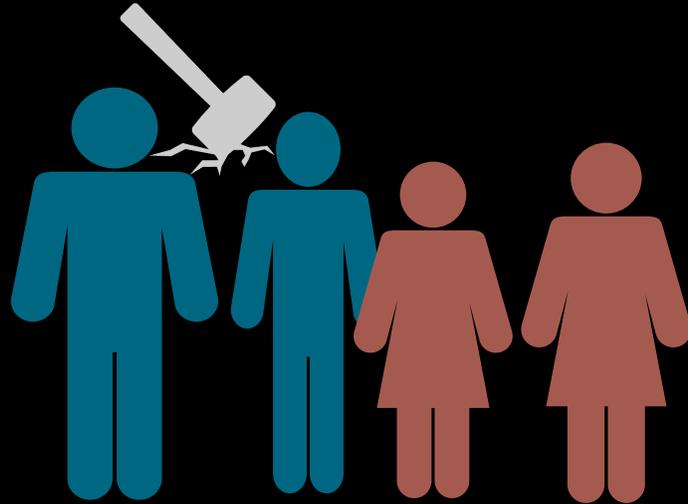


Parent  
(Step-Parent,  
Guardian  
Grandparent)

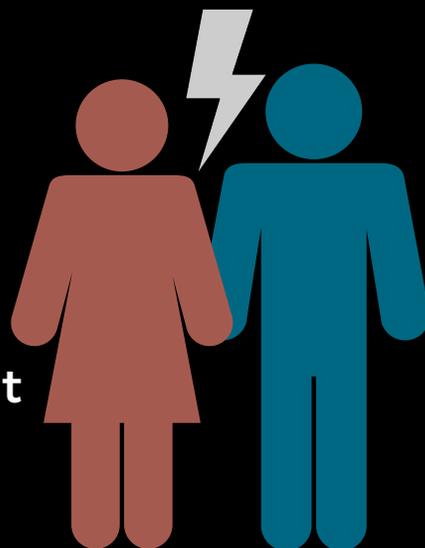
# Sometimes, they're not.



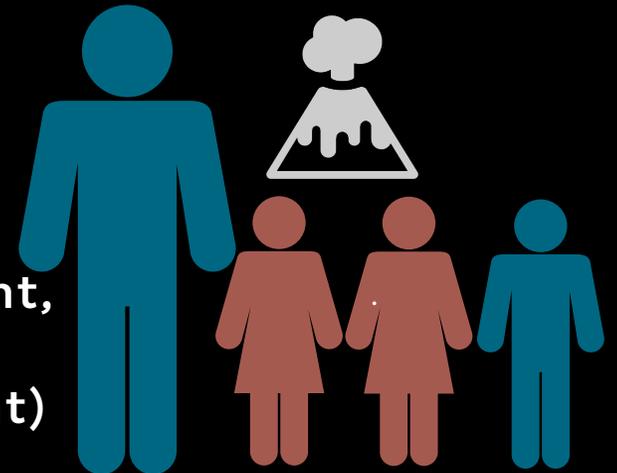
Friend  
Employee  
Director  
Mentor



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

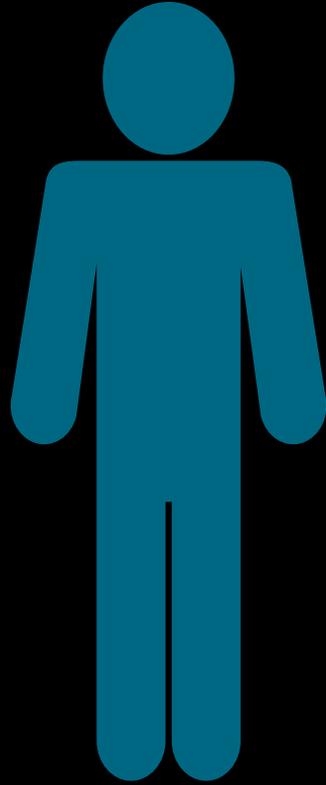


Spouse  
(Fiancé,  
Significant  
Other)

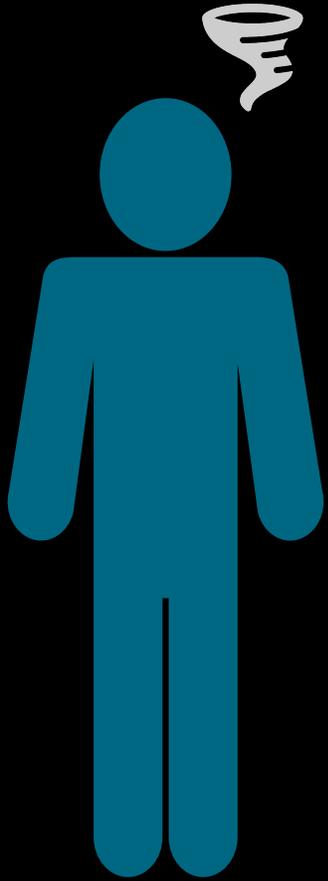


Parent  
(Step-Parent,  
Guardian  
Grandparent)

**What do I do when they're not?**



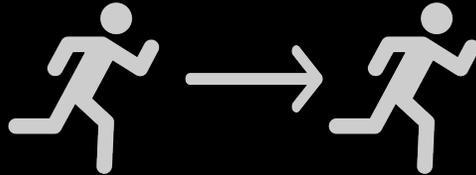
# Unhelpful plays I may have tried...



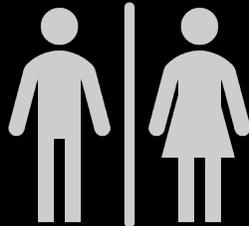
Guarding REACTIVELY



Enmeshment  
Codependency

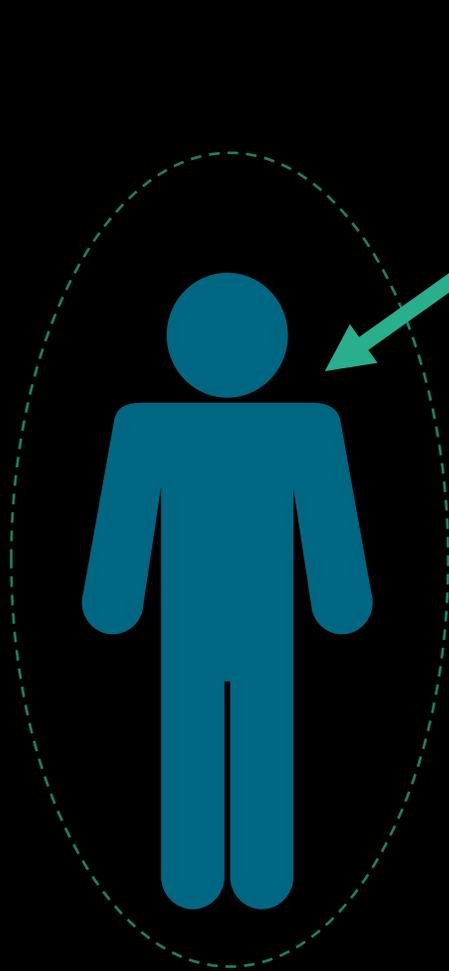


Chasing  
Avoiding



Disconnection  
Detachment

# Healthy relationships start with a healthy person.

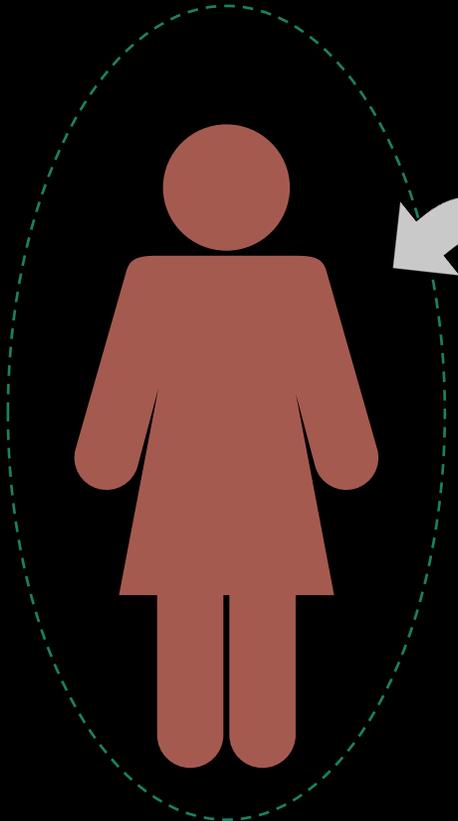
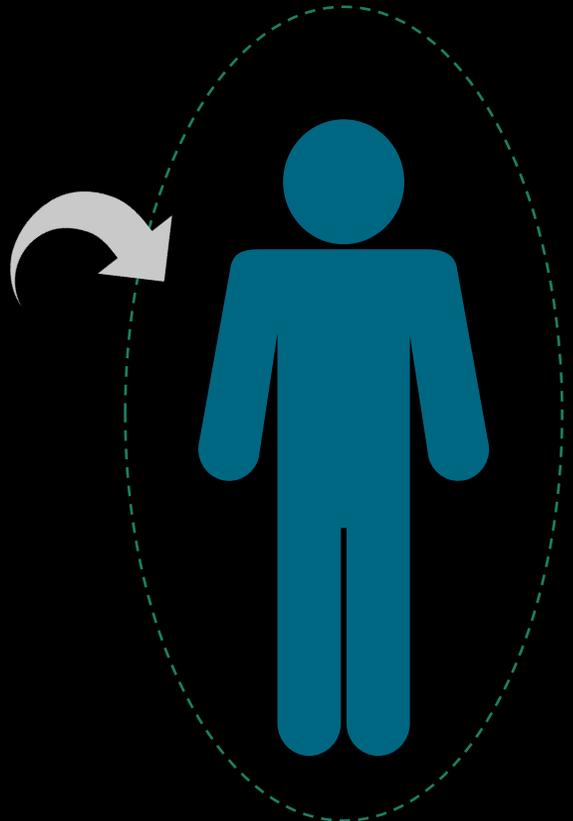


**Healthy Adult = I am Responsible for Myself**

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

# A different play for me in relationships...

My  
Yard



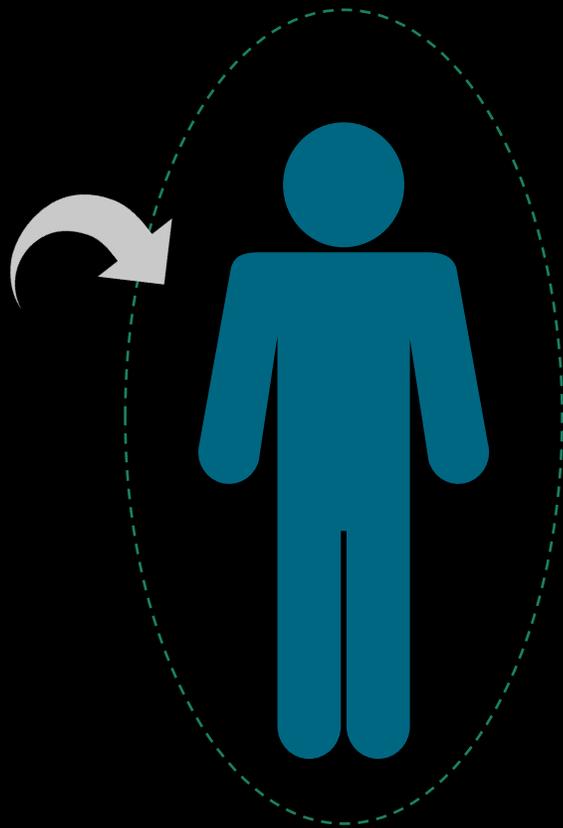
Someone  
Else's  
Yard  
(Not  
mine.)

# 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.)

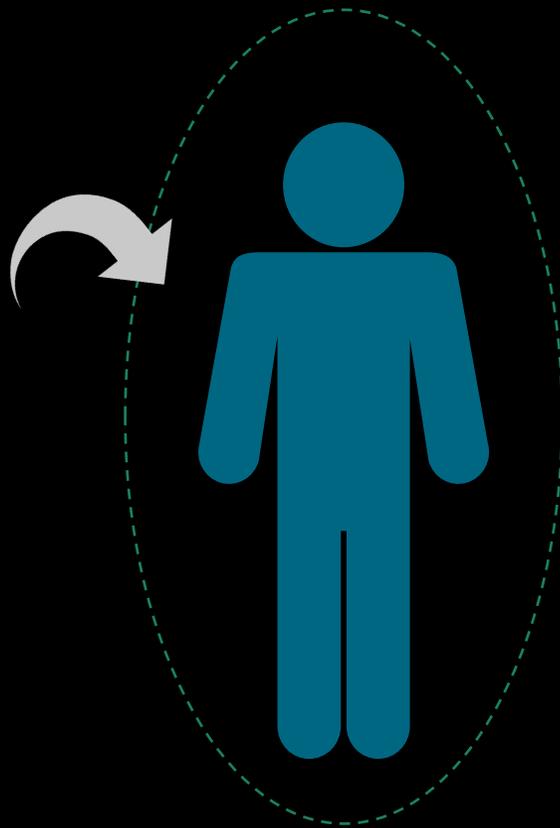
# A different play for me in relationships...

## 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...

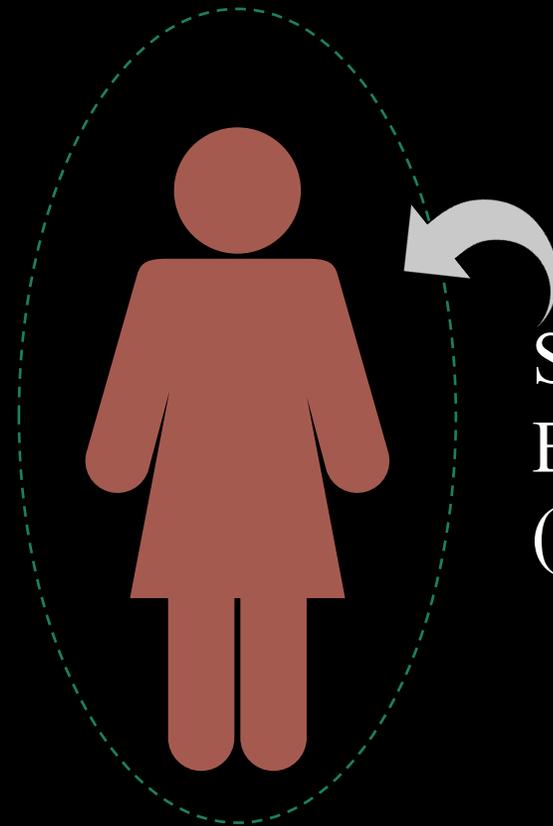
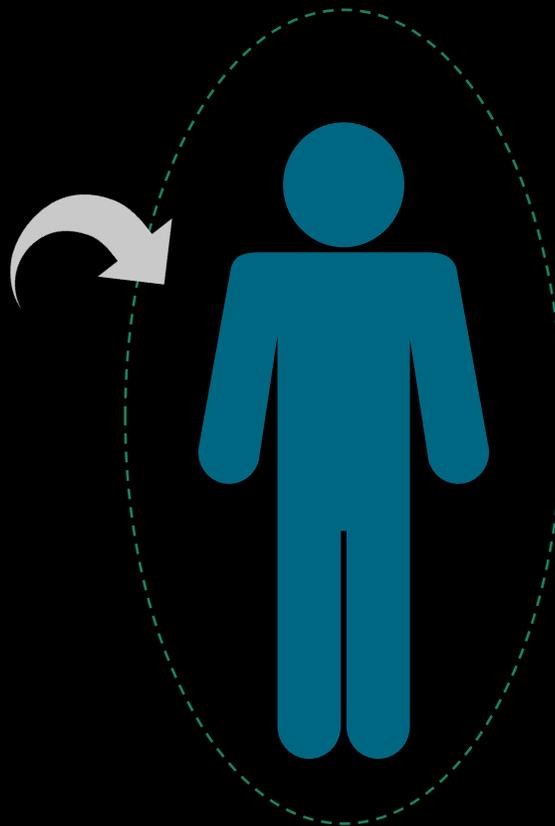
## Three Laws for “Yards”:

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.

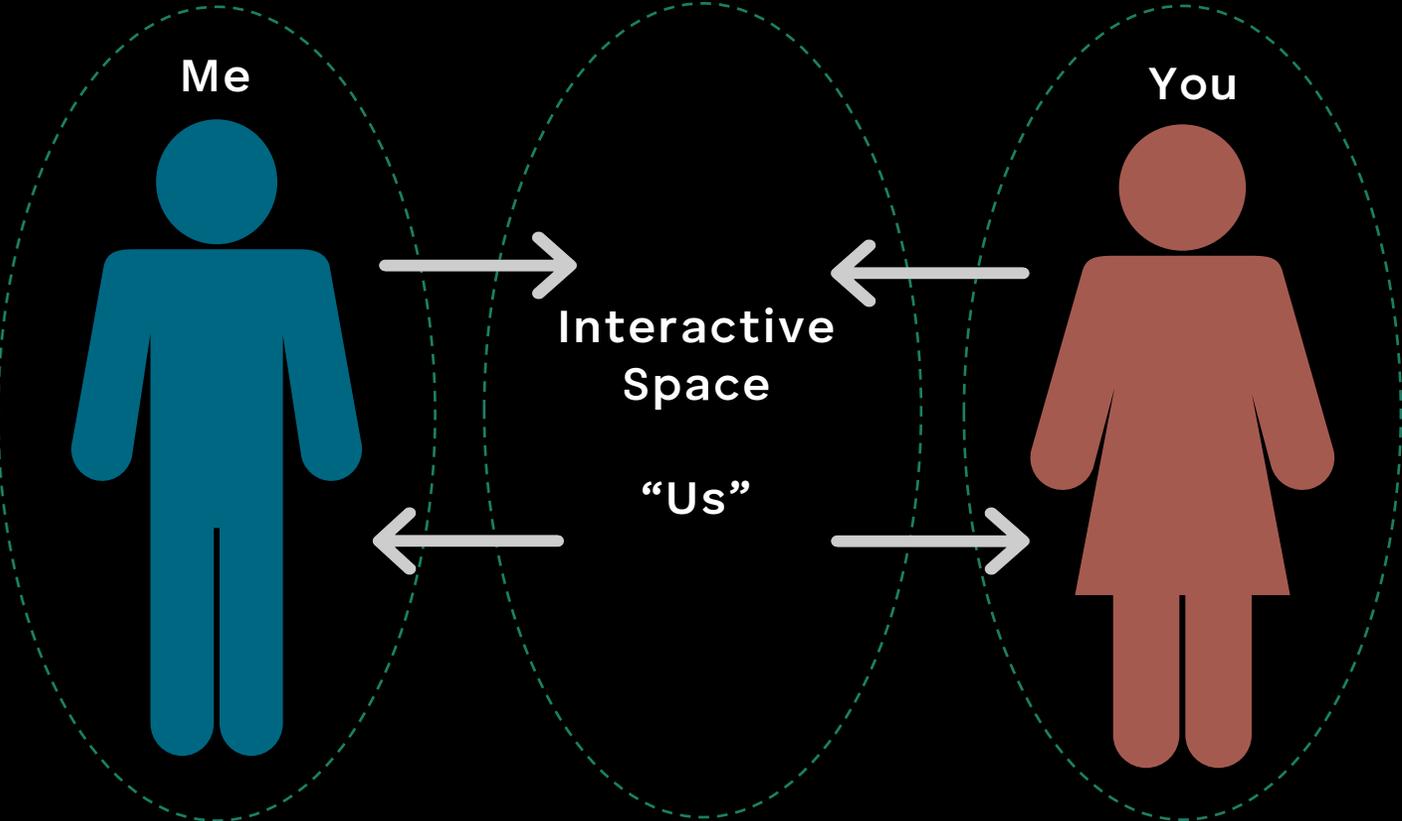
My  
Yard



Someone  
Else’s Yard  
(Not mine.)

# A different play for me in relationships...

I am responsible for how I show up in the "us" space.

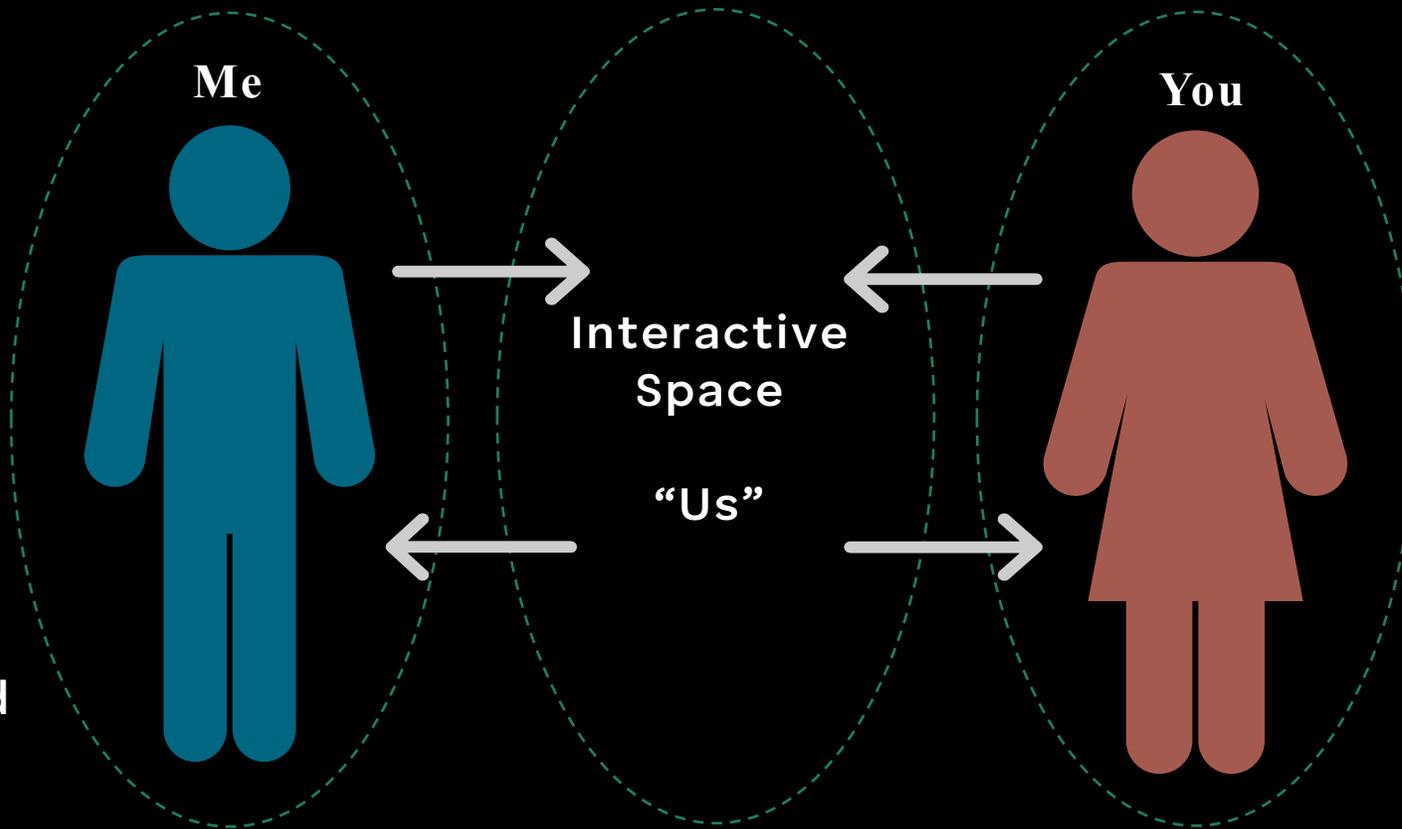


I cannot control how you show up in the "us" space.

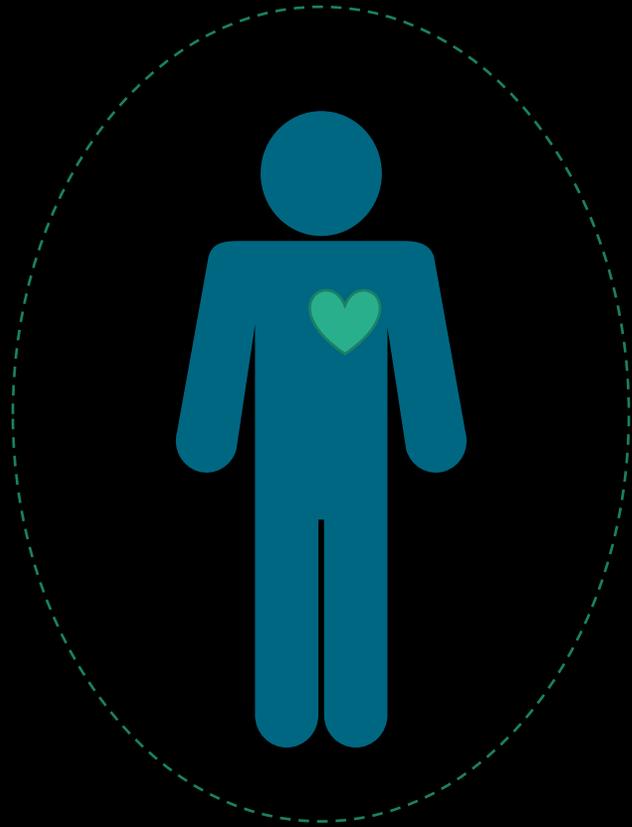
# A different play for me in relationships...

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

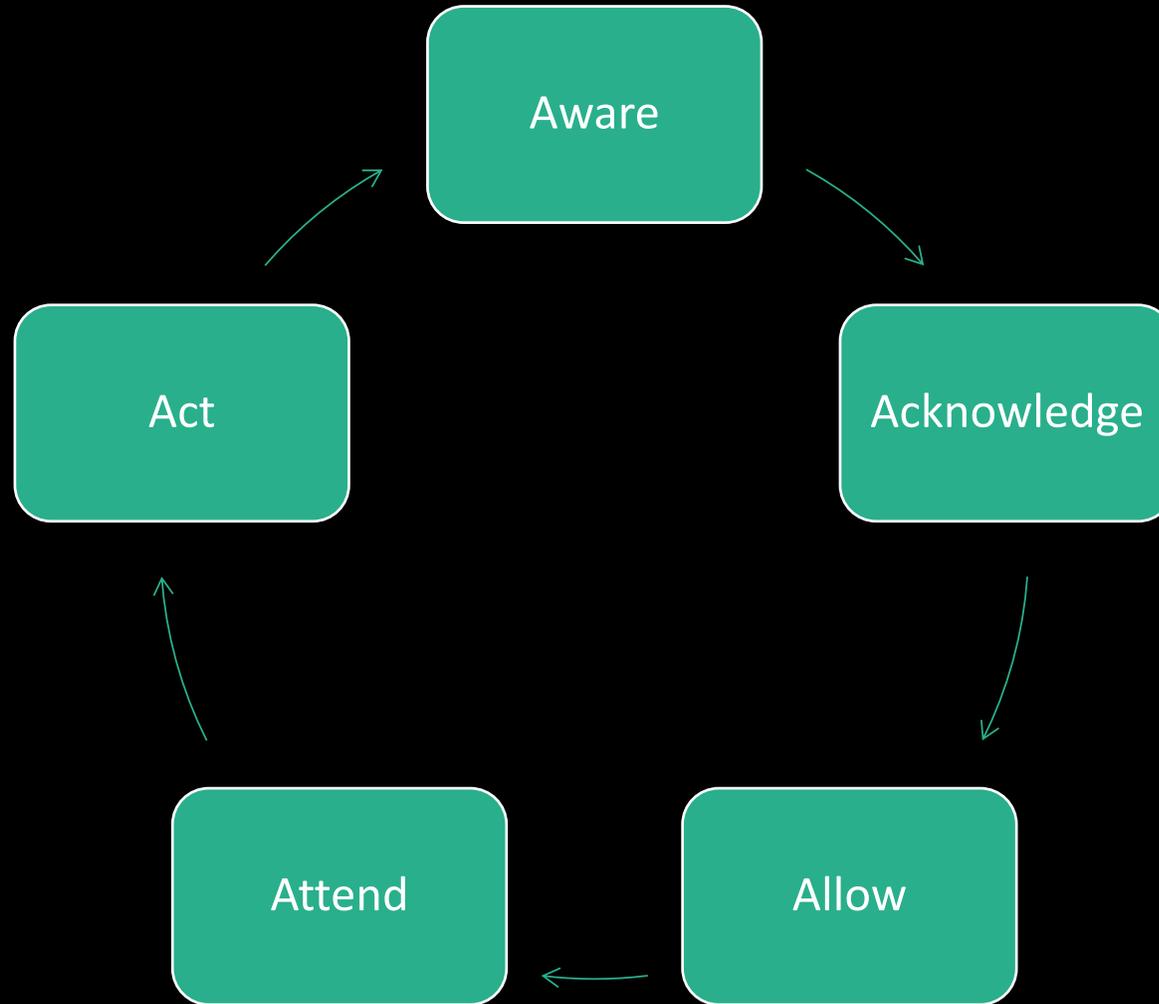
I want to show up in my INTEGRITY – well cared for, open, and regulated.



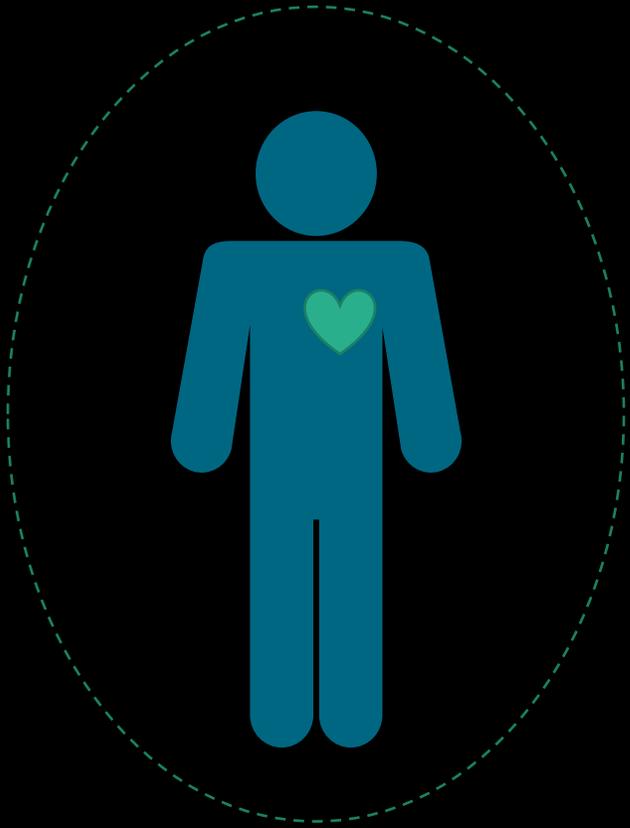
# HOW: A Care Cycle



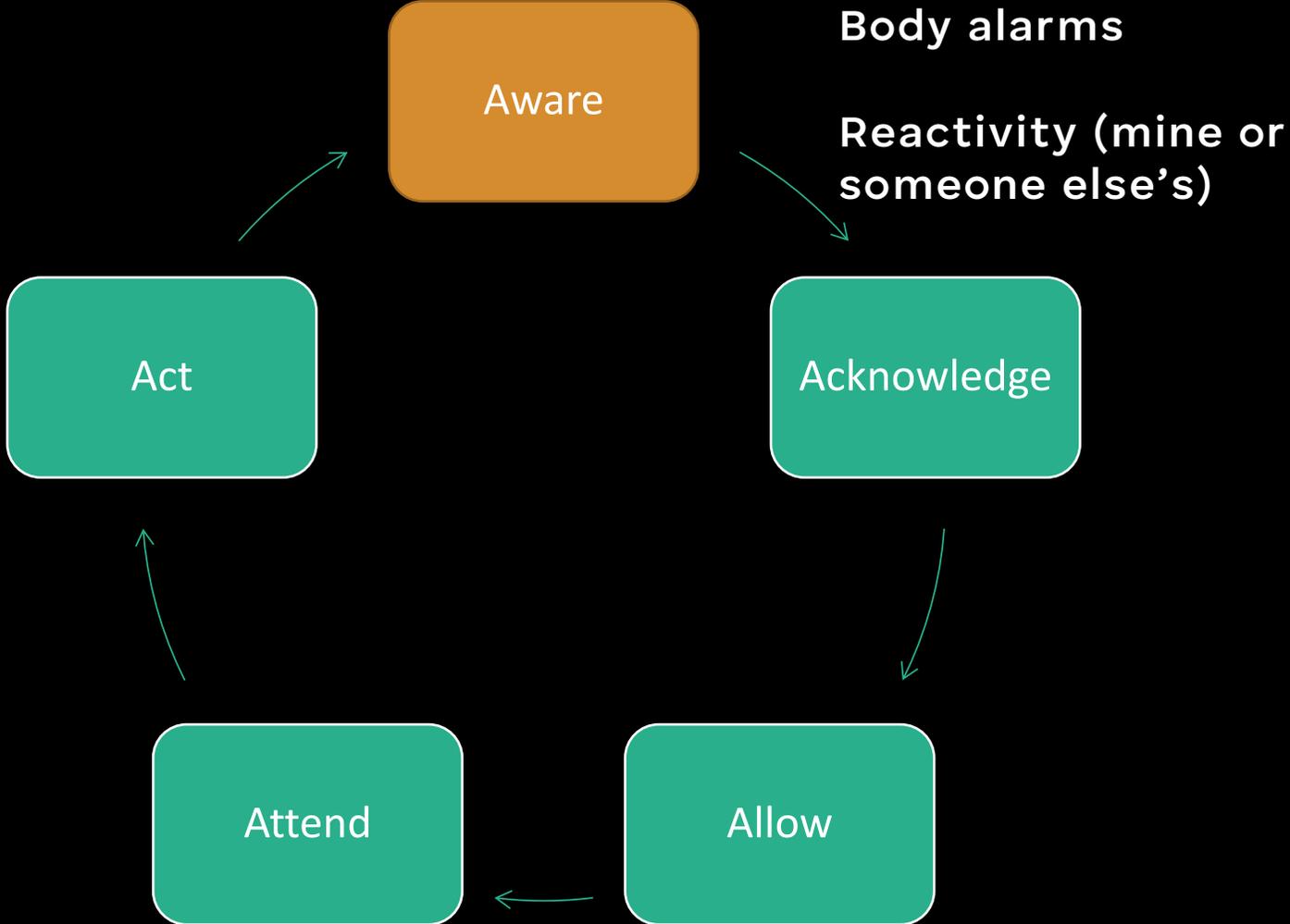
Guarding PROACTIVELY



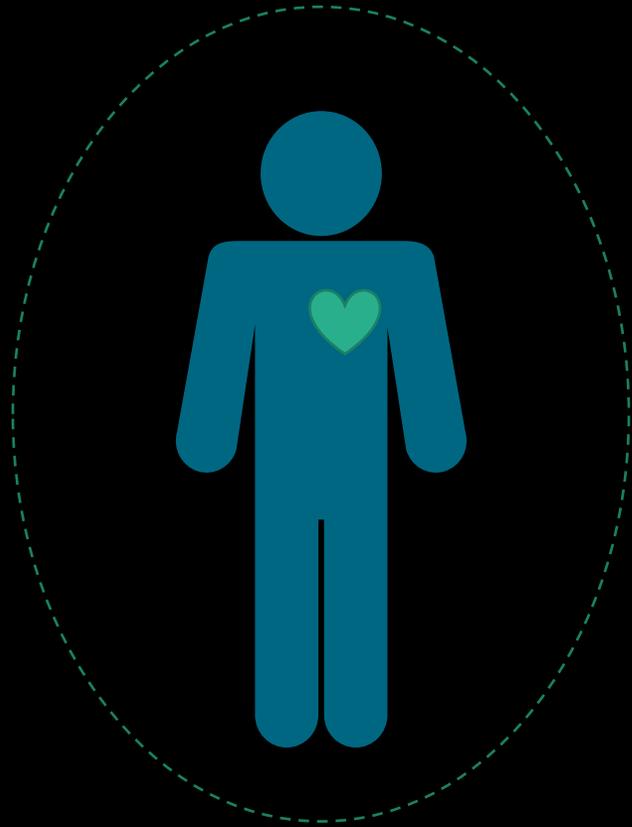
# HOW: A Care Cycle



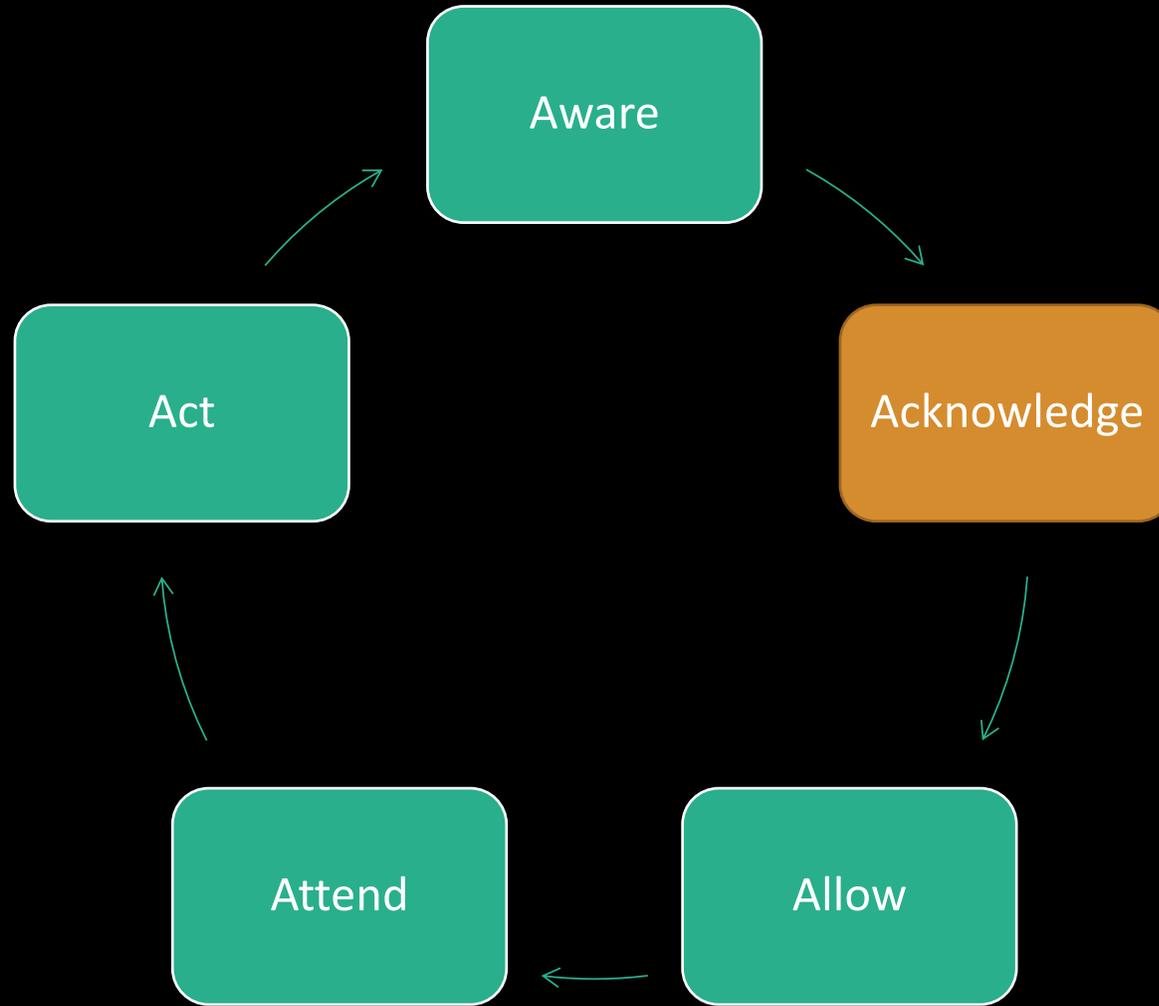
Guarding PROACTIVELY



# HOW: A Care Cycle



Guarding PROACTIVELY



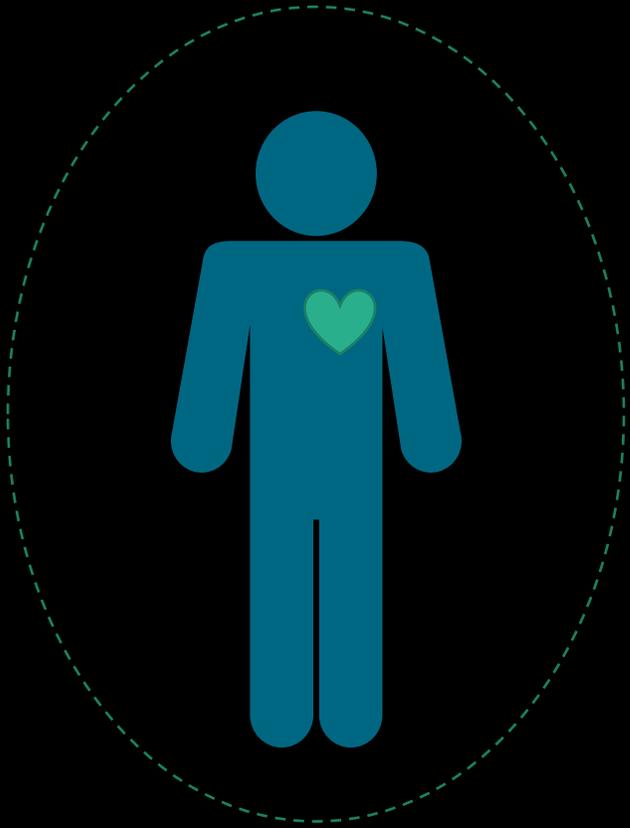
There's valuable information here.

Curiosity instead of judgment.

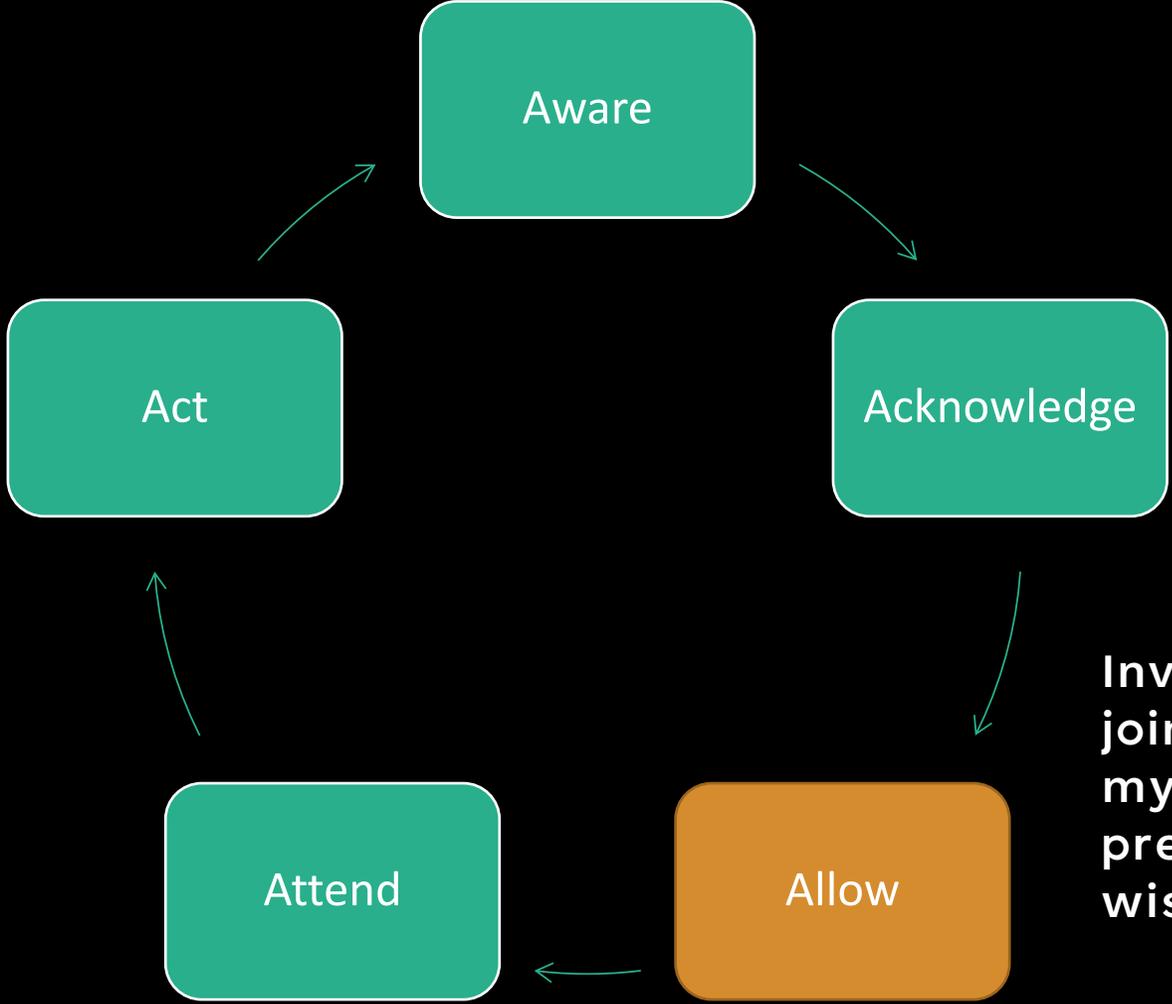
My yard is my job.

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

# HOW: A Care Cycle

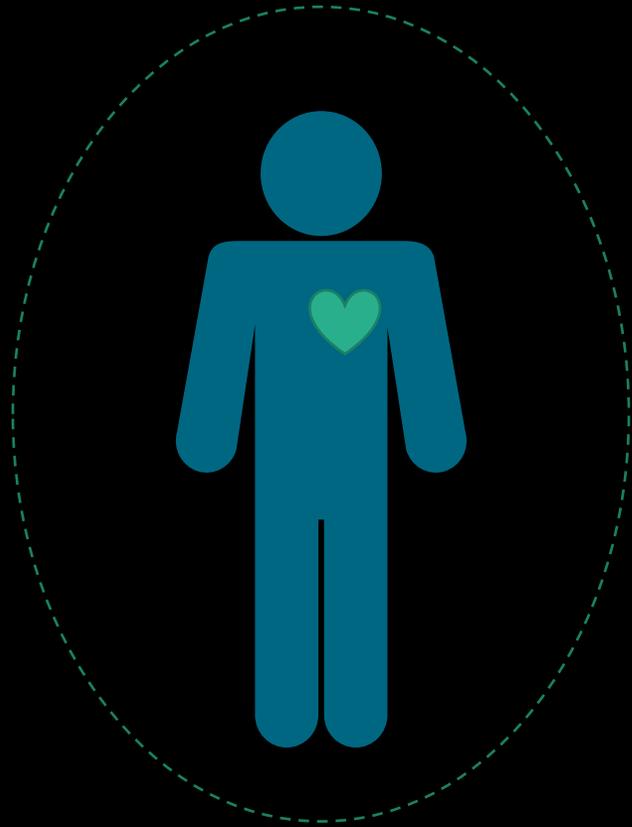


Guarding PROACTIVELY

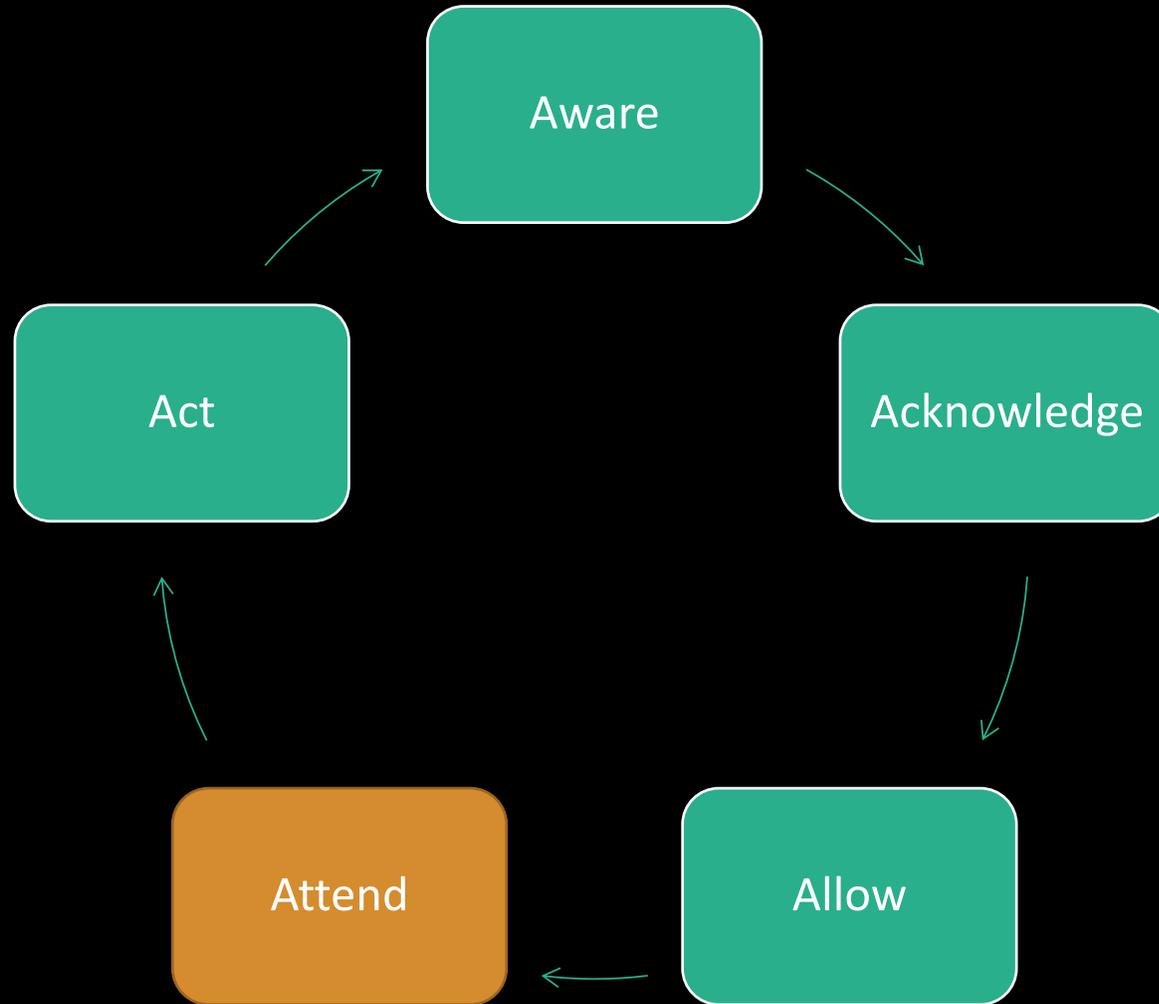


Invite God to join me – open myself to His presence & wisdom.

# HOW: A Care Cycle



Guarding PROACTIVELY



What am I feeling?

What am I fearing?

Is this familiar?

Am I turning up the volume?

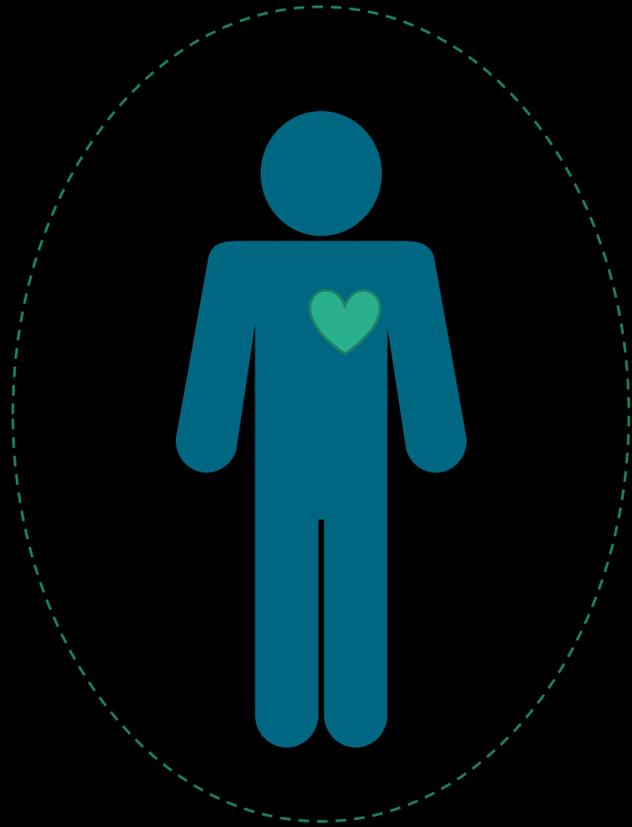
What is the truth?

What is the Truth?  
What does Scripture say?

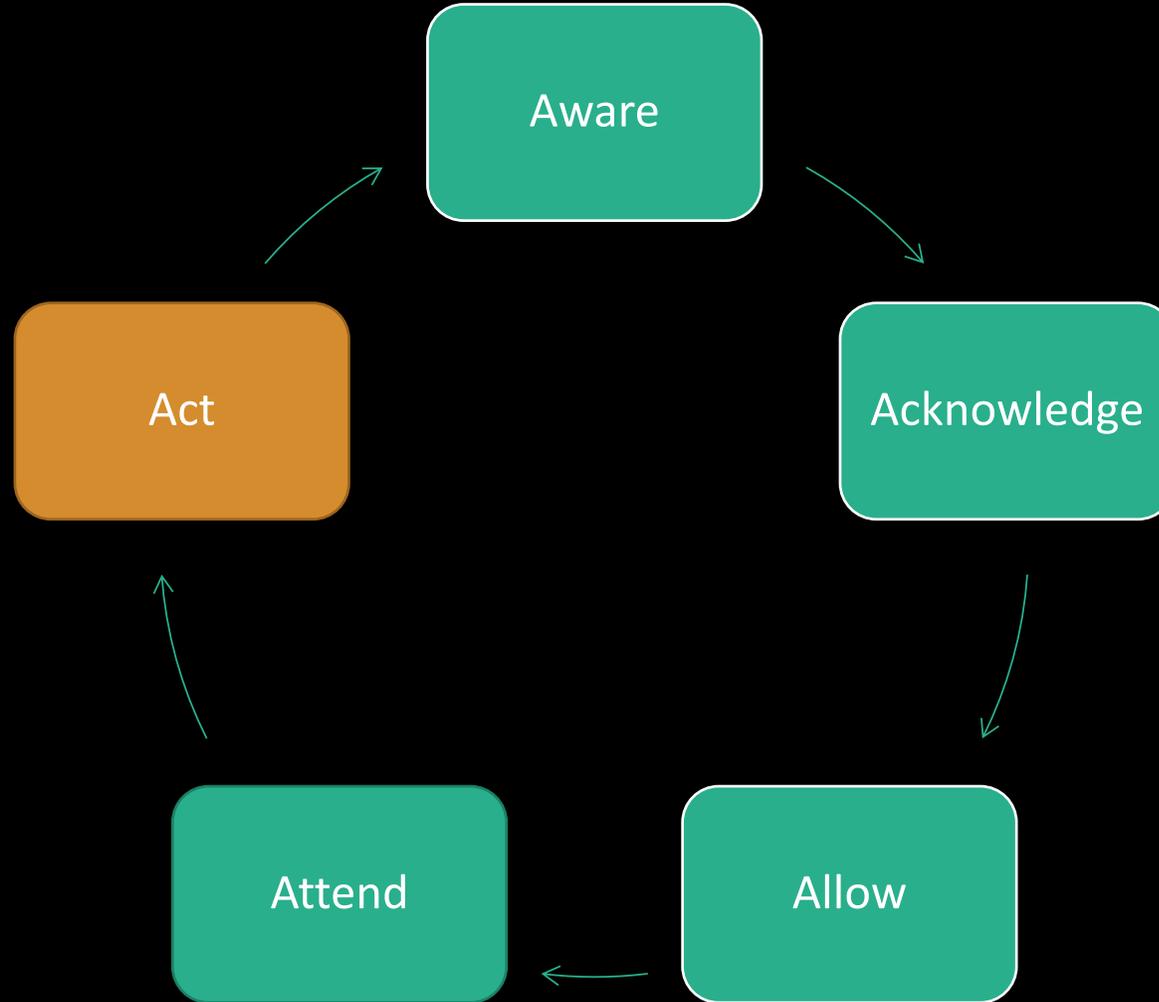
Who needs empathy, compassion, or grace?

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.

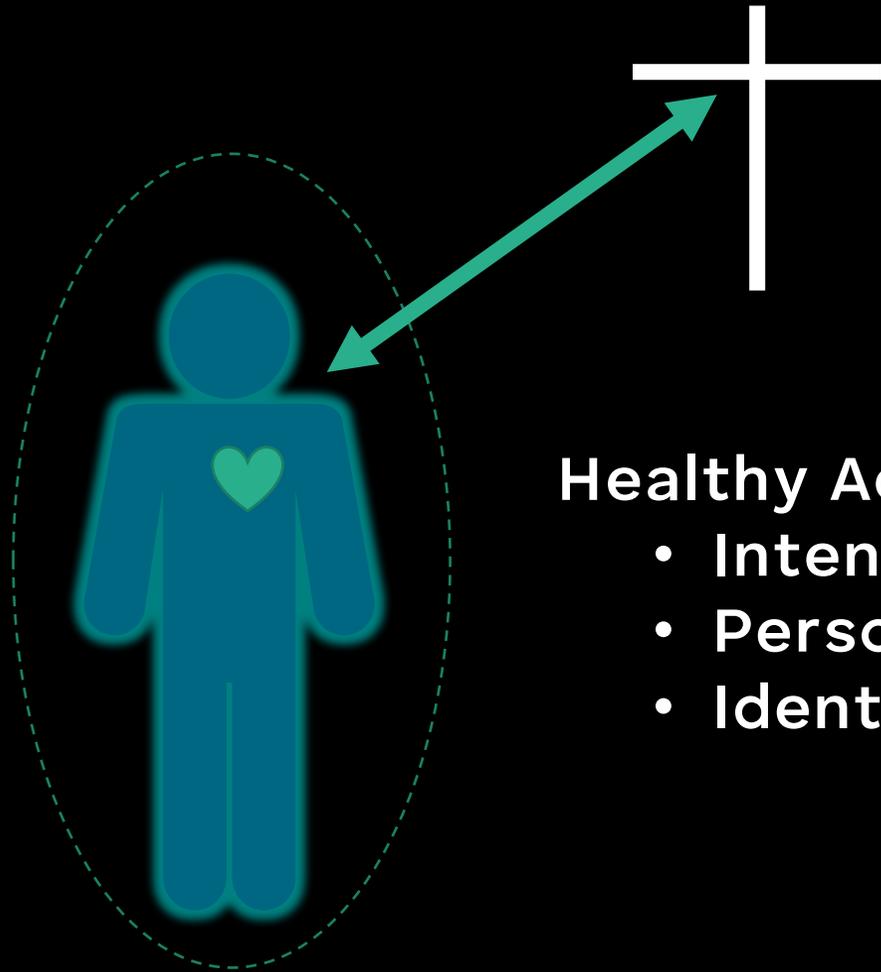
Have a conversation.

Set a boundary.

Wait well.

Grieve.

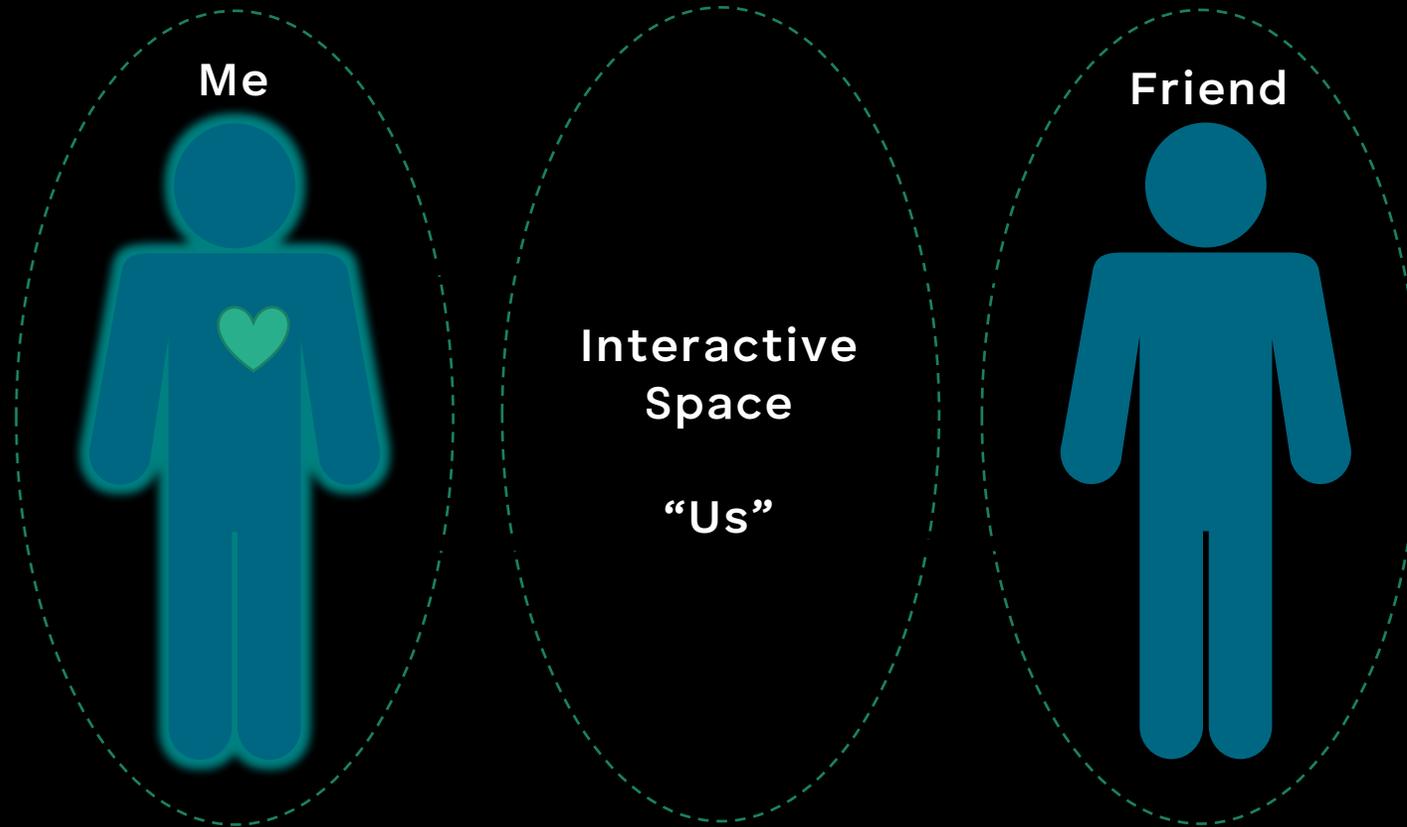
# Well Cared For



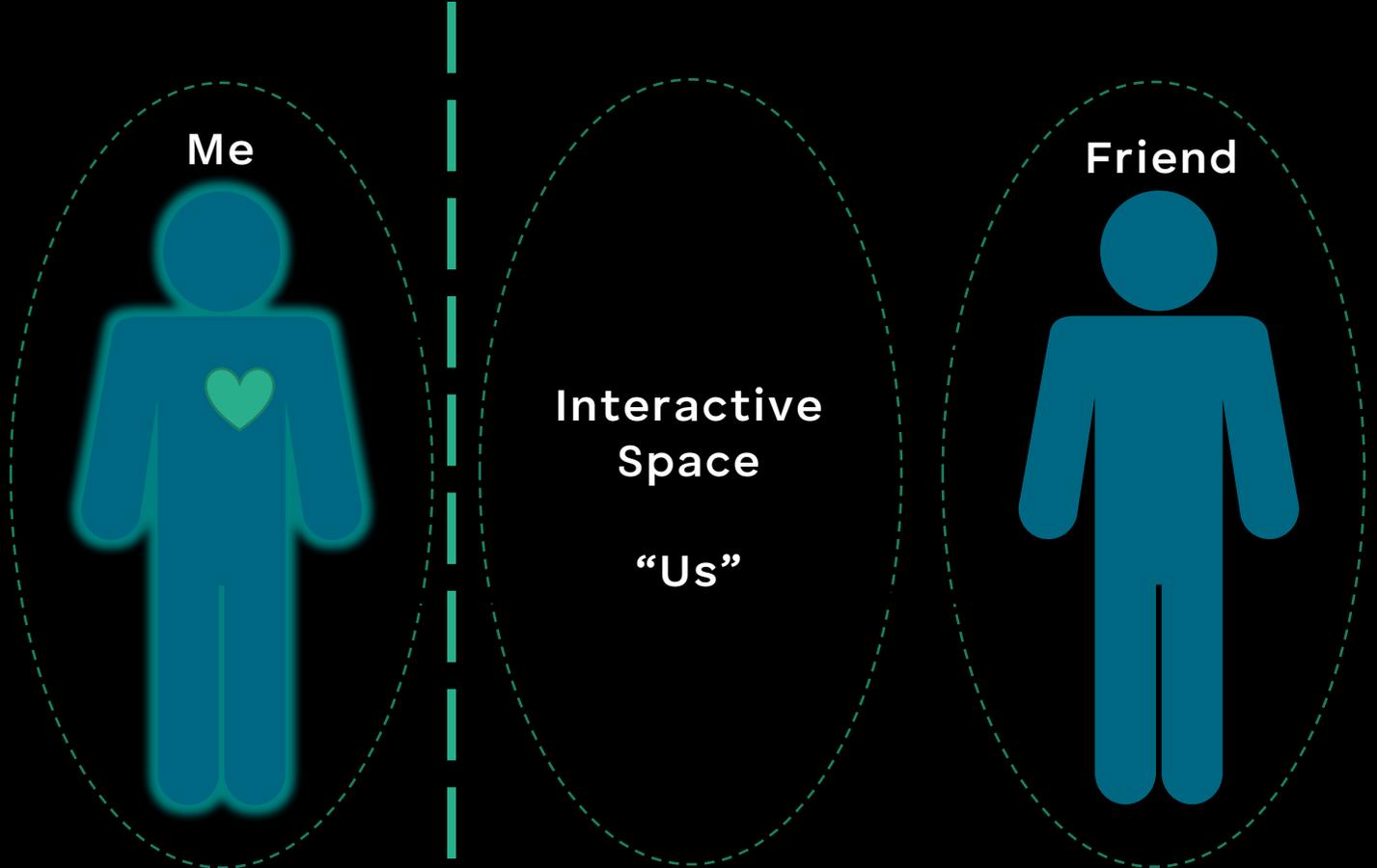
**Healthy Adult =**

- **Intentionality**
- **Personal Responsibility and Safety**
- **Identity and Integrity**

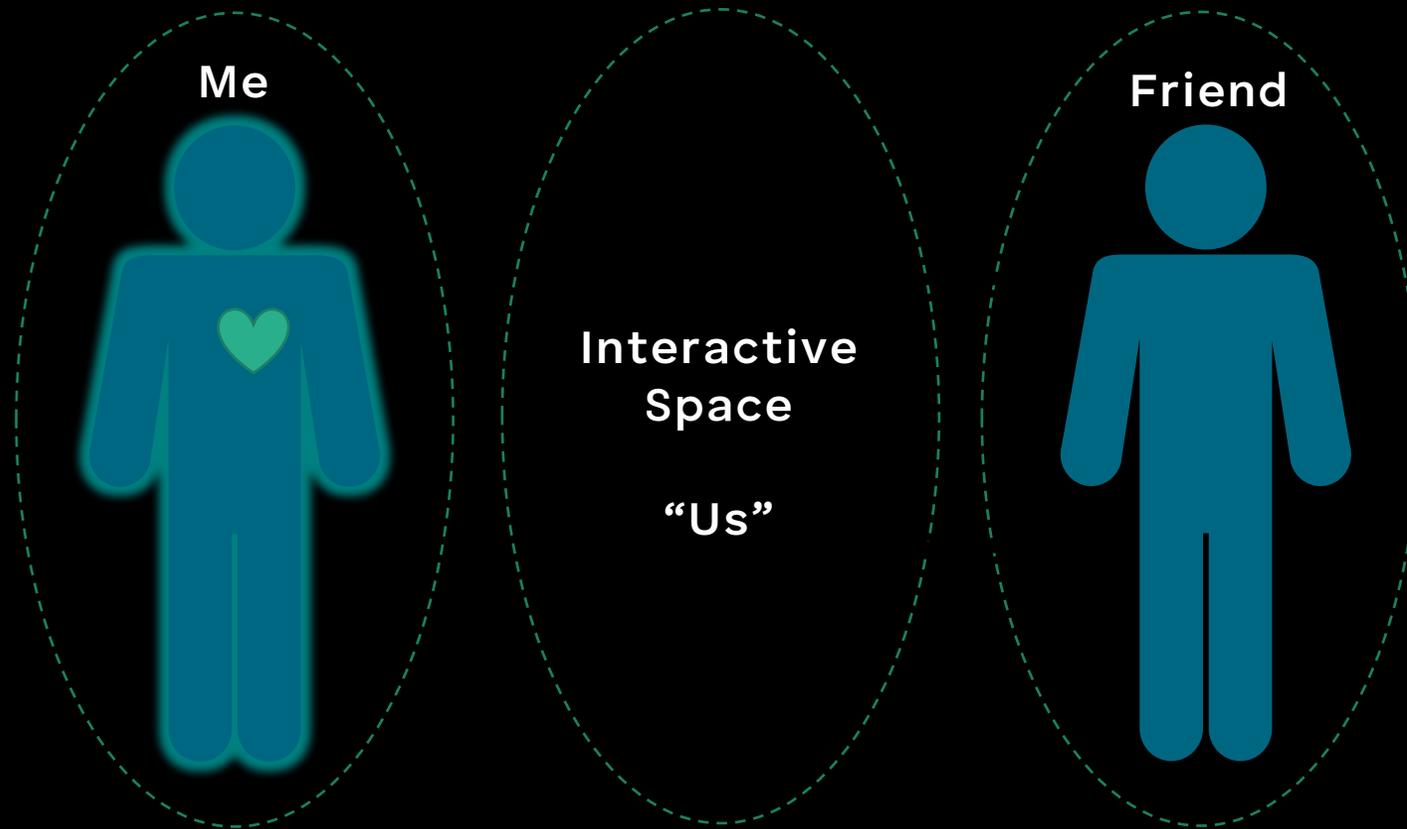
# A different play for me in relationships...



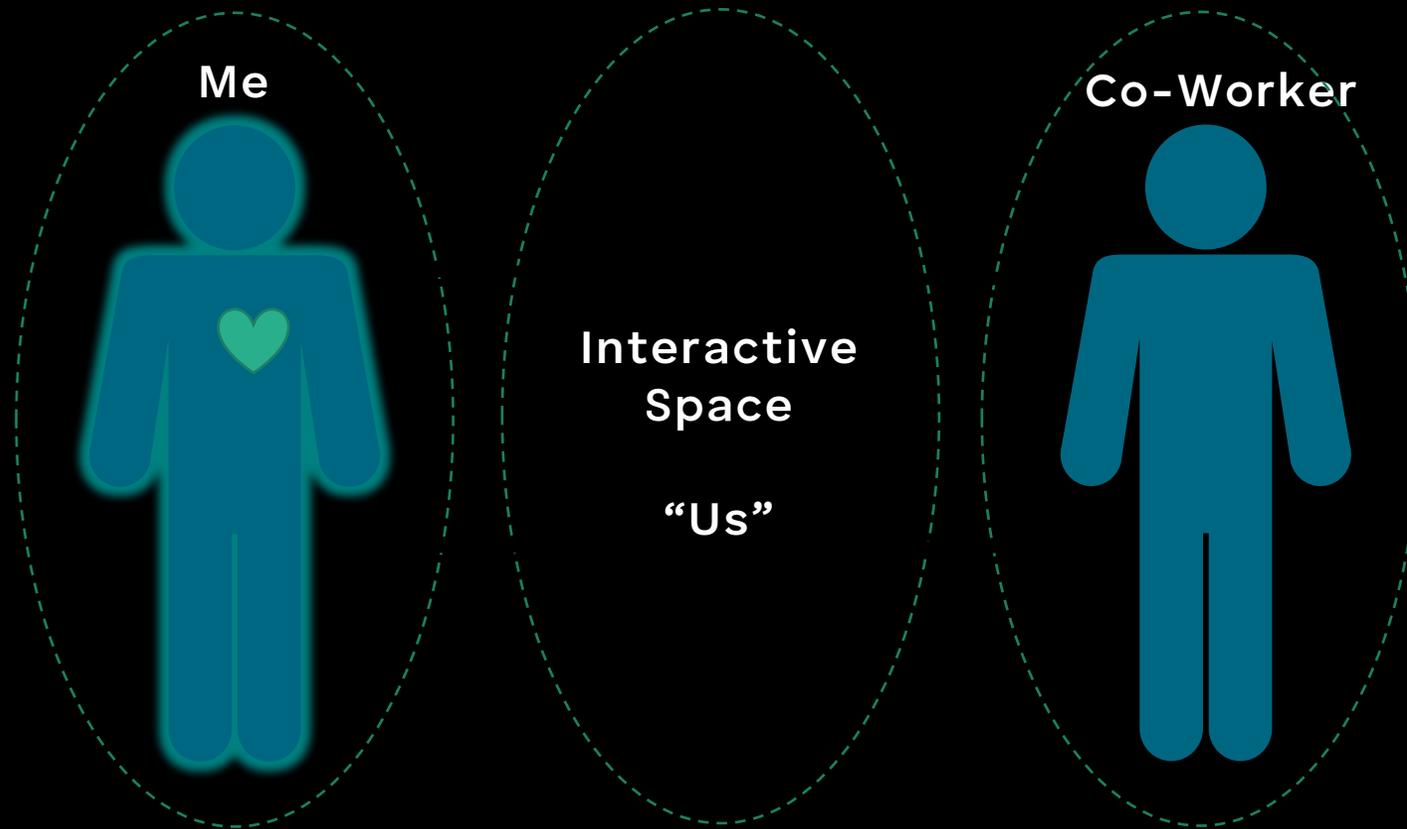
# A different play for me in relationships...



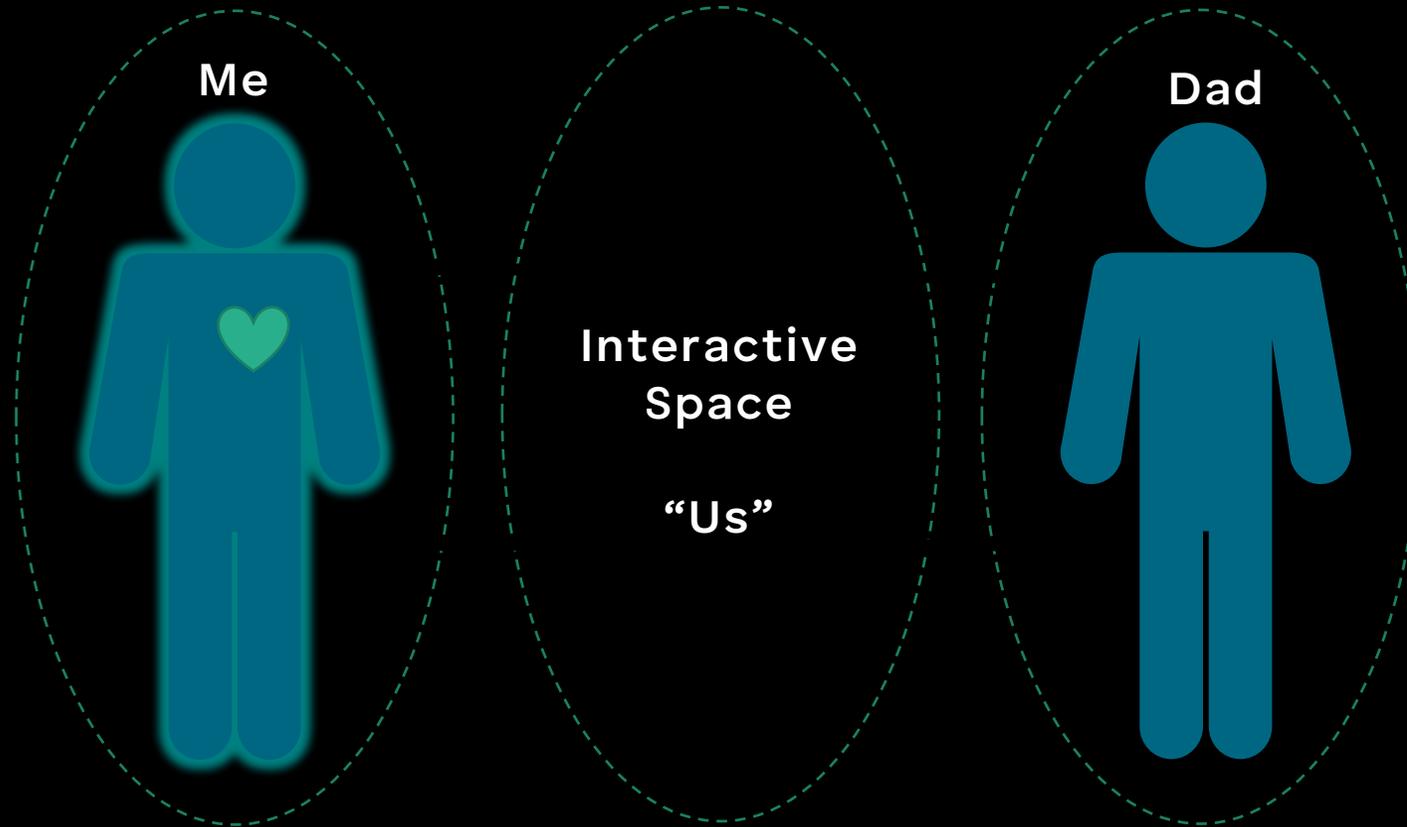
# A different play for me in relationships...



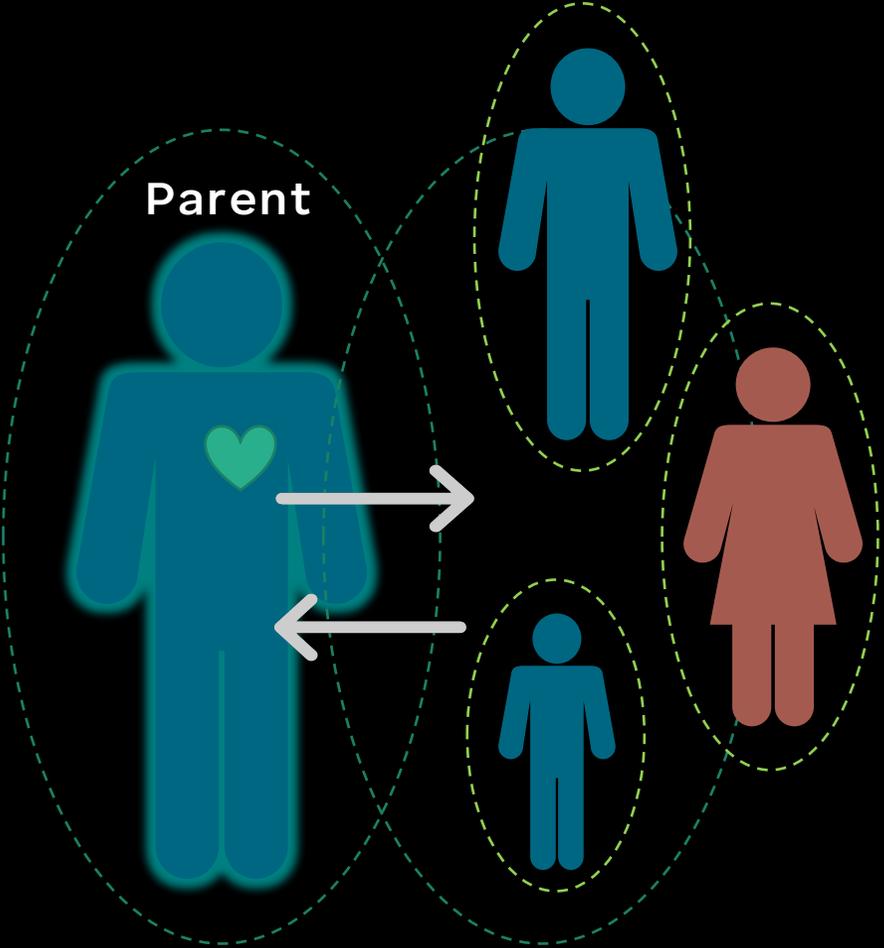
# A different play for me in relationships...



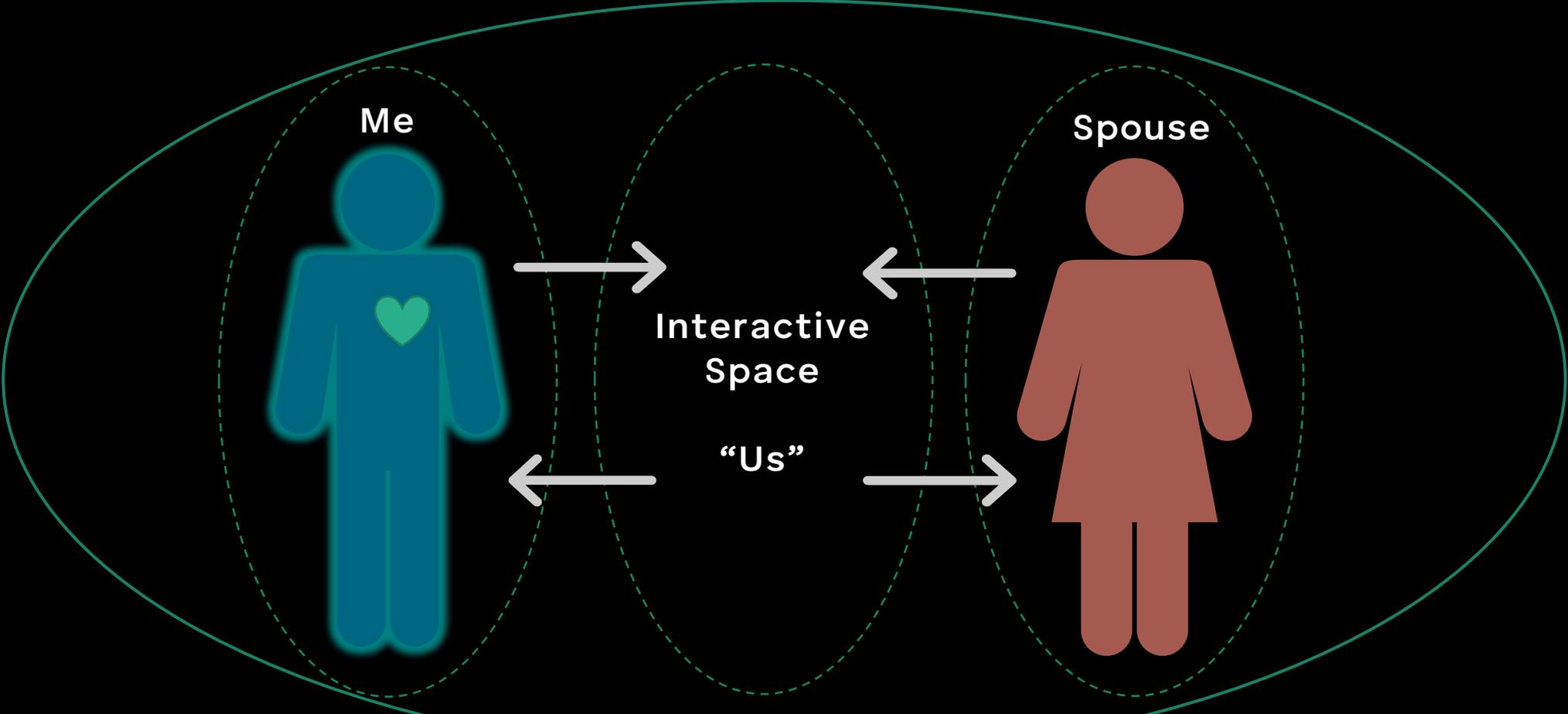
# A different play for me in relationships...



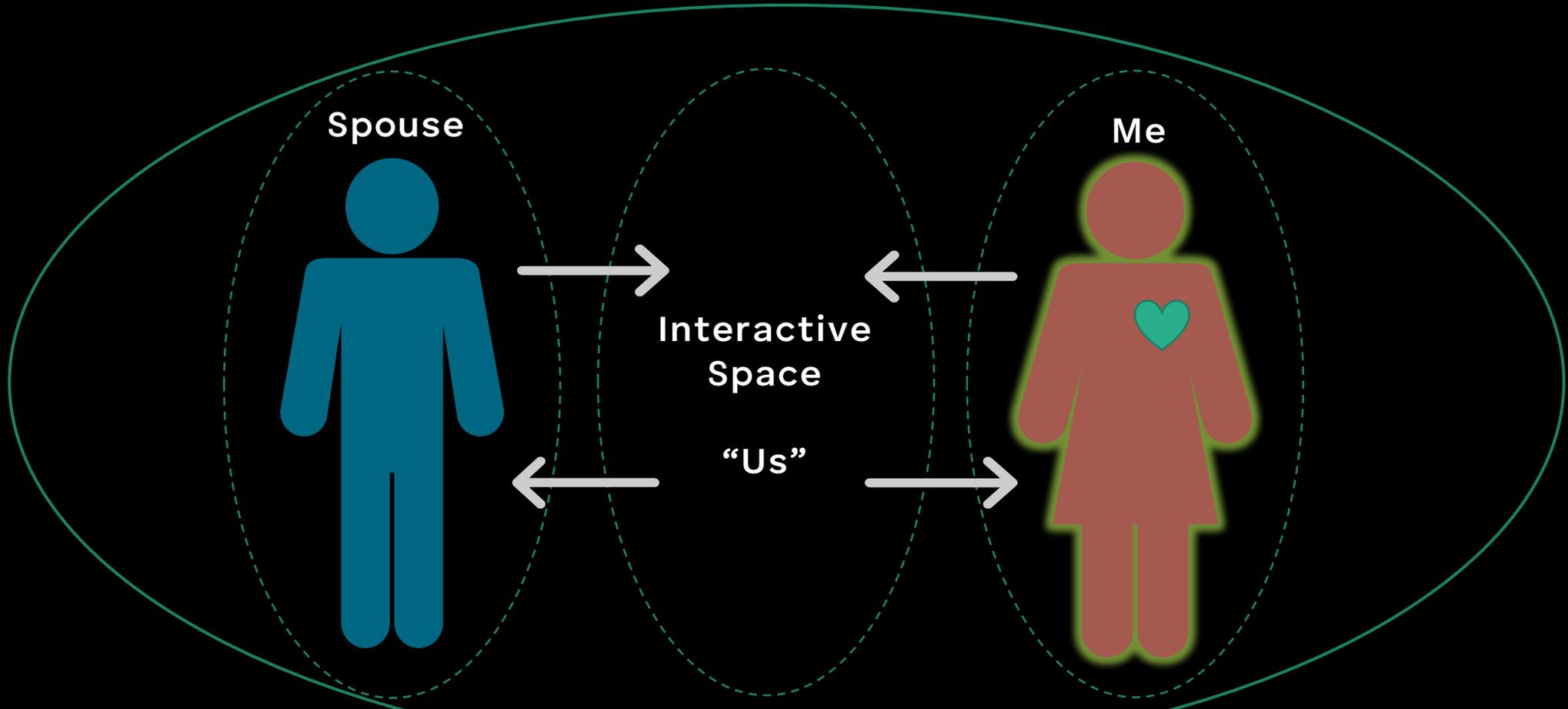
# A different play for me in relationships...



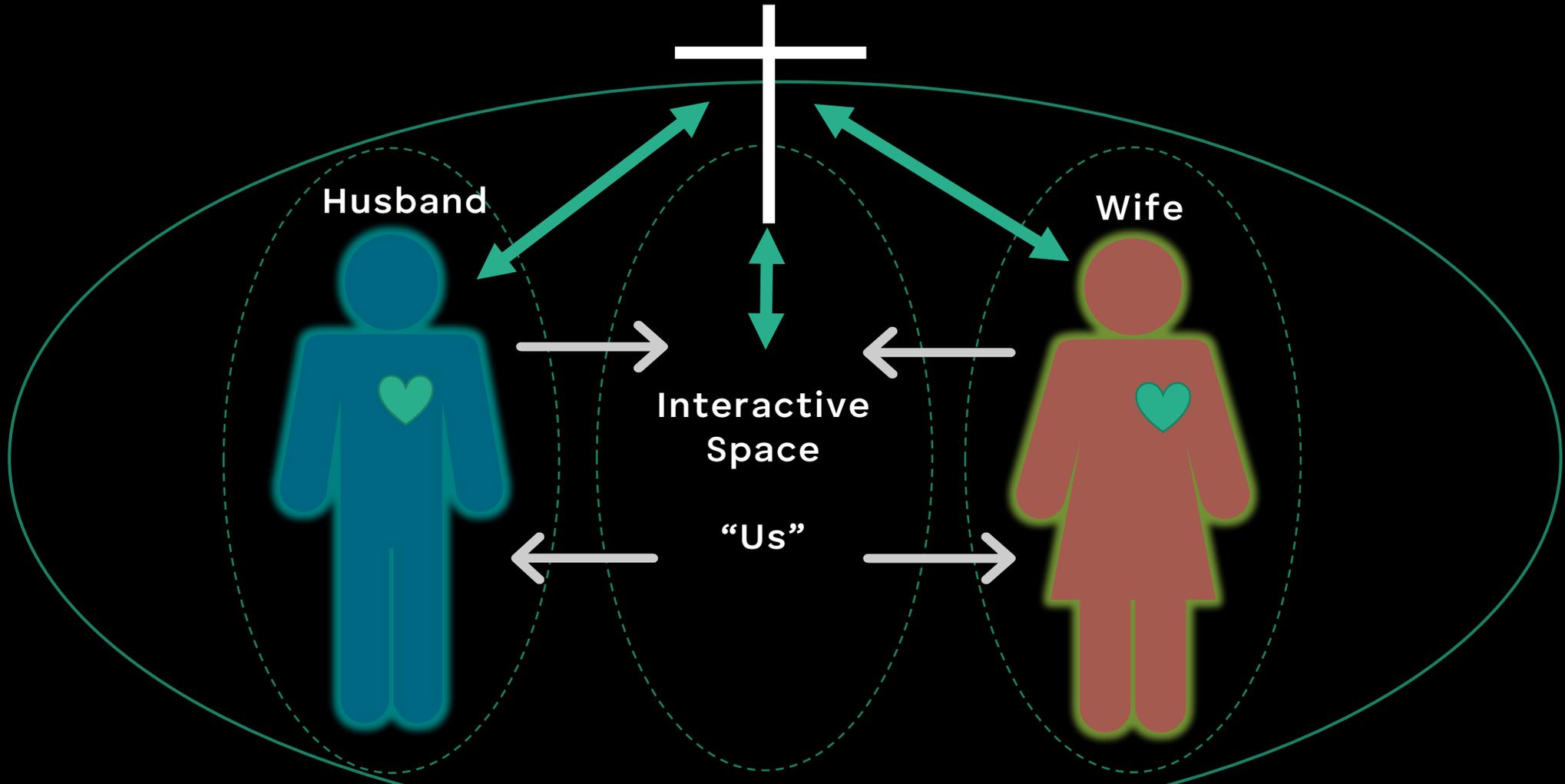
# A different play for me in relationships...



# A different play for me in relationships...



# A different play for me in relationships...



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