



MARRIAGE365



Get the Love and Respect You Deserve

*A Boundaries Workshop to Help You Speak
Up, Get Your Needs Met, and Feel Truly Heard*

You teach others how to treat you—
by what you allow, what you stop, and
what you reinforce. It's time to stop
settling. You are worthy of love, respect,
and meaningful connection.

LED BY CASEY & MEYGAN CASTON

RATE YOUR RELATIONSHIPS

On a scale of 1-10, rate the relationships and areas of your life where you feel most loved and respected and where you don't.

1 = no love and respect at all

10 = highest love and respect

Marriage

1 2 3 4 5 6 7 8 9 10

Work

1 2 3 4 5 6 7 8 9 10

Parenting

1 2 3 4 5 6 7 8 9 10

Family

1 2 3 4 5 6 7 8 9 10

Friends

1 2 3 4 5 6 7 8 9 10



Take a moment to notice where the gaps are. These numbers can reveal where your boundaries might be weak, missing, or need reinforcement. The lower the number, the more likely you're feeling unheard, taken advantage of, or disconnected.



NOTES

BOUNDARY MYTHS vs. TRUTH

Myth: Boundaries are mean and controlling.

Truth: Boundaries can be communicated with _____ and _____.

Myth: Boundaries are about other people.

Truth: Boundaries are about what you _____ and _____ tolerate.

Myth: Boundaries mean you have to cut people out of your life.

Truth: Boundaries aren't _____. They're _____.

Myth: Once I set a boundary, I won't have to set it again.

Truth: Boundaries require _____.

*Boundaries are
what you will and
will not tolerate
in your life.*



Boundaries aren't about controlling others—they're about protecting your peace and teaching people how to treat you. Replacing myths with truth helps you set limits with confidence and clarity.



NOTES

4 WARNING SIGNS SOMEONE IS LACKING BOUNDARIES

1

Burnout and Exhaustion

2

Resentment in Relationships

3

Lack of Confidence and Self-Worth

4

Highly Anxious and Easily Overwhelmed



Lack of boundaries often shows up as burnout, resentment, and a decline in self-worth. When you don't set limits, you're at risk of feeling overwhelmed, unappreciated, and emotionally drained, which leads to unhealthy cycles in relationships and life. Recognizing these warning signs is the first step toward creating the boundaries that protect your well-being and restore balance.



NOTES

BOUNDARIES AND YOUR VALUE SYSTEM

Boundaries are formed out of our _____ system.

Values are the core beliefs and principles that guide your decisions, shape your behavior, and influence how you interact with the world. They define what is most important to you in life. Your values are the characteristics and behaviors that motivate you and guide your decisions.

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Boldness
- Compassion
- Community
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Family
- Freedom
- Friendships
- Fun
- Gratitude
- Growth
- Happiness/Joy
- Honesty
- Humility
- Humor
- Influence
- Justice
- Kindness
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Optimism
- Peace
- Religion/Faith
- Respect
- Responsibility
- Security
- Service
- Stability
- Success
- Transparency
- Trustworthiness
- Wisdom



NOTES

HOW TO CREATE A BOUNDARY

STEP 1

MY TOP 5 VALUES

1. _____
2. _____
3. _____
4. _____
5. _____

STEP 2

WHAT I ALLOW BUT DON'T WANT TO

Examples:

- *I allow my partner to have no accountability with their spending.*
- *I allow my partner to make excuses for being on their phone.*
- *I allow my kids to interrupt my conversations with my spouse, preventing us from having quality time together.*
- *I allow my boss to contact me at any time, even on my days off.*
- *I allow people to pressure me into commitments I don't actually want to make.*

STEP 3

WHAT I WILL NO LONGER TOLERATE



Boundaries don't always need to be spoken—what matters most is that your actions and choices align with them. You have to live them out. If you communicate a boundary but don't follow through, you're teaching others that your words carry no weight.

CONSEQUENCES vs. PUNISHMENT

Consequences teach. Punishments _____.

Consequences are about responsibility. Punishments are about _____.

Consequences are proactive. Punishments are _____.

Consequences promote change. Punishments breed _____.



The healthiest relationships are when both people honor and appreciate each other's limits. True respect isn't just about love, it's about understanding and valuing each other's needs.



NOTES

CONNECTING QUESTIONS for Couples



- 1 Did your family show you love and respect often, sometimes or never? Why do you think that was?
- 2 In what ways do you feel most respected in our marriage?
- 3 How do we typically respond when one of us feels our boundaries have been crossed, and how can we handle it better?
- 4 What personal boundaries do you need in our relationship to feel safe, valued, and understood?
- 5 How can we support each other in setting and maintaining healthy boundaries without feeling guilty or afraid of conflict?
- 6 What are some ways we can hold each other accountable to ensure we are both growing in love and respect for each other?
- 7 How can we ensure that consequences in our relationship are fair, respectful, and help us grow rather than create distance?



By asking open-ended questions, you invite your partner to share their thoughts, feelings, and experiences, fostering a safe space for vulnerability. These conversations allow both partners to feel seen and heard, strengthening the bond and promoting empathy.

CONNECTING QUESTIONS for Individuals



- 1 Do I truly believe I deserve love and respect? If not, what is holding me back from embracing that truth?
- 2 How do I currently communicate my needs and expectations in relationships? Am I clear and direct, or do I avoid difficult conversations?
- 3 Are there any relationships in my life that consistently drain or diminish me? What do I need to change about my role in those relationships?
- 4 How do I show love and respect to others, and do I expect and require the same in return?
- 5 In what ways do I currently allow others to treat me with less love and respect than I deserve?
- 6 Have I been consistent in enforcing my boundaries or do I let things slide? Why?
- 7 When have I communicated a boundary but failed to enforce it? How did that impact my relationship?



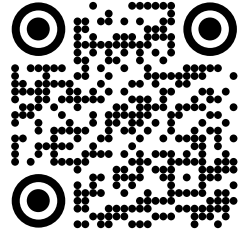
By asking yourself reflective, connecting questions you build self-awareness, gain clarity on your emotions, and create a path toward personal growth. This practice encourages mindfulness and helps you understand your role in relationships and your own life journey.

ADDITIONAL RESOURCES FROM MARRIAGE365

2-DAY MARRIAGE INTENSIVES

IDEAL FOR: Couples in crisis, affair recovery, considering separation, trust issues, years of resentment and toxic communication patterns.

Visit marriage365.com/intensives



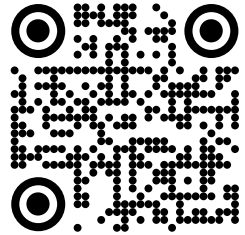
ONLINE RELATIONSHIP AND INDIVIDUAL COACHING

IDEAL FOR: Individuals in a one-sided marriage, personal growth and healing, couples who need accountability and next steps, couples who need communication skills, couples who are in a rut and need lasting change.

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DEALING WITH RESENTMENT COURSE



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