

“Let go of abusive, controlling people. Create a new spiritual family and community that supports your wholeness. Create clear boundaries about what behaviors and attitudes are unacceptable for you to be around. Set limits on any time spent with negative people. Participate in your new community with love, compassion, and positive energy.”

Dr. Michael Obsatz – Oh Grow Up

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share what you have learned about dealing with abusive and controlling people.**
- 2. Tell a story about a time your created boundaries for yourself with another person or group.**
- 3. Share about an experience being with “negative minded people” and how did that make you feel.**

(negative minded people focus out of fear and anger about past or future outcomes in their lives rather than accept, and emotionally deal with, what is going on for them in the present moment.)

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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