

10 Types of Secondary Boundaries

1. **Geographical** – *places* that can be triggering. It can include particular cities or parts of town. It could include places within your home. The idea is to define which geographical areas might activate lustful thoughts. Once defined, you'll need to decide on a strategy to handle them. That could be avoiding them, but more likely will mean being on heightened alert when you are in them.
2. **Situational** – *contexts* that can be triggering. Examples I regularly hear are 3 B's: Bars, Beaches and Ballgames. With situational triggers it is also important to look more deeply, to see if the issue is the emotional experience of the context. Other situational triggers might include: issues at work, payday, church, meetings where women/men are present, when you're home alone.
3. **Relational** – think *people*. These are relationships and specifically, situations within those relationships, where you might be triggered. There is overlap with situational here as you'll see. Again, it is important to look at what happens emotionally in these relational situations to see what makes it a boundary. Examples may include certain people: a flirtatious coworker, a "touchy" person, a family member whom you have a strained relationship with. It could also include particular situations within relationships: conflict with spouse, disciplining kids, dealing with parents or siblings. - See more at: <http://newlife.com/emb/page/2/#sthash.t2PkUQgo.dpuf>
4. **Intellectual** – think *curiosity*. Intellectual boundaries are those places in our minds where we may end up triggered. The most common example of this is when a guy says he saw something on TV or in a magazine, then felt curious, so he jumped online and googled it. He is basically asking to be slimed. It is something that has or could have a sexual hook to it. It could be a person's name, a product or object, or even an article. If your radar is up and your mind starts to wonder towards something with a sexual edge to it, it is probably an Intellectual Boundary.

5. **Psychological** – *mental health issues*. Some people act out sexually in times of depression. Others in the swings of a bipolar disorder or in the manic phases of bipolar disorder. Still others in the midst of anxiety or when they feel panicky. Mental health issues play an important role for some people and seeing a doctor to discuss medication is the right next step. If you (or someone close to you) can help see a trend or pattern of sexual volatility around mental health struggles, it's time to get that checked out.
6. **Financial** – *money*. I've talked to guys who act out on payday and for very different reasons. Some because they feel powerful and in control, they feel adequate and want to celebrate their achievements. Others because payday is a reminder of their inadequacy and shortcomings, knowing there is too much month and not enough check. Financial talks with spouses can be stressful, as can figuring out how to pay for your son/daughters next semester at college. Mounting debt, unexpected auto expenses, medical bills, etc. can all be a factor. With financial boundaries, the goal is to have a plan in place to handle the issues that will arise. Perhaps on the front end that looks like taking a Crown Financial or a Financial Peace class. It also looks like be on the same page as your spouse, which those classes can help with.
7. **Emotional** - *feelings*. This is the stuff going on at a heart level that might propel us into the addictive cycle. It is important to identify and acknowledge which emotions increase your propensity to medicate. That said, we have to go to the deepest levels. For example, Anger is easy to identify. However, underneath that anger may be hurt, fear, failure, shame or disappointment. We must identify those. Stress is a common one. But when many people say stress, what they mean is they feel overwhelmed and fearful of failure. Some guys act out when they feel excited and happy. Others when they feel sad, lonely or rejection.
8. **Spiritual** – *where are you and God?* We know we can't fight this alone. And we know that if God doesn't intervene we're hopeless. Sometimes God is near, sometimes far. In one of my groups a guy described his relationship with God like this: "I feel like I'm a member of a large audience, 1000's of people, and I know God the way I know the speaker on a stage. He doesn't know me; he just knows I'm out there. I don't really know him, but I know he's up

there speaking, and I should be listening.” Living in that relational space with God could be a space where you act out sexually. Or perhaps when you feel like God is miles away. Or maybe even when you come off a mountaintop high with God, like after a men’s retreat. The important thing here is again to raise your awareness and plan for those occasions.

9. **Physiological** - think *body*. It is unfortunately too frequent for guys to say that crossed a line and acted out sexually because of some bodily urge. Is there a reality to our cycles of sperm production and the feelings of needing a release? Yes. And did God make appropriations in our bodies for that release? Yes. Which means we don’t have to take matters into our own hands (literally or figuratively). Don’t let natural urges be the driver on acting out. Create plans around physiological boundaries. Limit time lying in bed in the morning, or limit time in the shower. Double-check your motive for pursuing sexual intimacy with your wife. Don’t give yourself the excuse that your urges and just natural impulses and thus you are entitled to some behavior. I always come back to this verse when thinking about these boundaries:

Jude 1:10b – and what things they do understand by instinct, like unreasoning animals – these are the very things that destroy them.

10. **Technological** – *anything related to technology*. We’ve heard so many of the stories of guys acting out using playstations, kindles, ipads, cellphones, laptops, etc. There’s an endless supply of media devices to be used for evil or good. Don’t be so careless as to think that using an online device is safe. It is not. There is always a risk, even if you have a filter in place. Create safeguards around how & when you use technology. Make sure your accountability folks know those boundaries and help you be accountable for them.