

Living Within Your Limitations

Topic: #306

Category: Behaviors



Accepting our limitations is really about living within our own boundaries. We all experience limitations as a result of living with a mood disorder. However, what is a limitation for one person may not be for another. This is one reason why it's dangerous to compare ourselves with others. When we exceed our limits emotionally and physically, we suffer consequences that can lead to a worsening of our mood disorder.

Why is it important to live within our limitations?

- Keeps us mentally and emotionally healthy
- Helps keep our stress level from rising too high
- Prevents a downward slide into depression or into a manic episode
- Assists us in maintaining good energy levels
- Helps us to have healthy relationships as we maintain our boundaries with others

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Questions for Discussion

- 1) What limitations do you live with as a result of your mood disorder?
- 2) What happens when you exceed those limitations?
- 3) What are some practical things you can do to live within the boundaries of your mood disorder? (suggestions include: adequate sleep, eating healthy, maintaining social connections, avoiding over-commitment [i.e., pacing yourself], rest and relaxation to reduce stress).
- 4) Do you find that you rely more on God's strength because of your limitations?

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