

Some people always have problems, always want your help, and are always in crisis mode. They expect you to come running, to cheer them up, and keep them encouraged. If you don't, they try to make you feel guilty. You love them, but you should put up a boundary to keep them from continually dumping their problems on you. You are not responsible for their happiness or to keep them 'fixed'.

You need to protect your peace and joy. You have a limited supply of emotional energy each day. If you are constantly taking on their problems, you are not going to have the emotional energy for what you need to deal with. You are not their saviour; they already have a Saviour. Often, instead of helping them, you are in fact simply enabling their dysfunction. If they get upset when you put up a boundary, that is a confirmation they are indeed controllers and manipulators. They like you for what you can do for them, not for who you are. You don't need 'friends' like that. Make a change, and God will give you true friends.

Proverbs 29:25 "Fear of Man will prove to be a snare, but whoever trusts in the Lord is kept safe."