

Boundaries Check-In

Where am I right now? Allow about 10-15 minutes. Answer honestly and choose one place to begin.

1. How safe and respected do I feel?

Select one rating for each area: 1 = not at all, 5 = very safe and respected.

Home

☐	☐	☐	☐	☐
1	2	3	4	5

Work or school

☐	☐	☐	☐	☐
1	2	3	4	5

Friendships

☐	☐	☐	☐	☐
1	2	3	4	5

Romantic or dating relationships

☐	☐	☐	☐	☐
1	2	3	4	5

Online and social media

☐	☐	☐	☐	☐
1	2	3	4	5

2. Patterns I notice

- ☐ I say yes when I want to say no.
- ☐ I keep answering texts from people who use substances.
- ☐ I share personal information before trust has been established.
- ☐ I feel uncomfortable saying what I need.
- ☐ I stay in conversations or places that feel unsafe for my recovery.

3. A short reflection

Where do I feel most drained?

Where do I feel most safe?

Which one area do I want to work on first?

You do not have to fix everything at once. Pick one place to start.