

Map Your Current Boundaries

Page 1: Physical and emotional boundaries. Describe what is happening without judging yourself.

Physical Boundaries

Protect your body, personal space, belongings, and living environment.

WHAT IS HAPPENING NOW?

HOW DOES IT AFFECT MY RECOVERY?

Consider: Who or what is allowed in my living space? Are substances present where I sleep or relax? Do I feel physically safe around others?

Emotional Boundaries

Help you separate your feelings and responsibilities from another person's reactions.

WHAT IS HAPPENING NOW?

HOW DOES IT AFFECT MY RECOVERY?

Consider: Do I feel responsible for fixing others' feelings? Can I feel angry, sad, or scared without apologizing? Which conversations become too intense?

Which area needs attention first?

Digital Boundaries

Protect your attention, sleep, privacy, and recovery from online triggers.

WHAT IS HAPPENING NOW?

HOW DOES IT AFFECT MY RECOVERY?

Consider: Who can contact me at any time? Which apps or contacts lead to cravings or shame? When does screen use interfere with sleep or support?

Patterns I want to change

- ☐ Late-night messages or scrolling interfere with sleep.
- ☐ I stay connected to accounts or contacts that trigger cravings.
- ☐ I share more than feels safe when I am distressed.
- ☐ I use my phone instead of contacting a recovery support.

My first protective change

What is one specific digital limit I can begin today?

Who can support me in following through?