

Designing Healthy Boundaries

Choose 3-7 boundaries. Make each one specific, realistic, and connected to your recovery.

NON-NEGOTIABLE

For safety and maintaining recovery

MY NEW BOUNDARY

WHY THIS MATTERS FOR MY RECOVERY

STRONG PREFERENCE

For emotional health and comfort

MY NEW BOUNDARY

WHY THIS MATTERS FOR MY RECOVERY

STILL FIGURING IT OUT

For areas that need exploration

MY NEW BOUNDARY

WHY THIS MATTERS FOR MY RECOVERY

Examples: I will leave if substances appear. I will not answer calls after 9 p.m. when I need sleep. I will discuss treatment decisions privately.