

Internal and Online Boundaries

Build commitments for self-talk, habits, messaging, screen use, and online triggers.

Internal Boundaries Contract

OLD PATTERN

MY NEW INNER BOUNDARY

HOW I WILL SUPPORT MYSELF

Example: Old pattern: checking an ex's social media when lonely. New boundary: text a recovery support instead. Support: journal when urges arise.

Online and Screen Boundaries Checklist

- ☐ I will remove or mute contacts who actively use substances.
- ☐ I will turn off notifications after 9 p.m. on weeknights.
- ☐ I will wait before posting when I am very angry, sad, or craving.
- ☐ I will notice online interactions that drain my emotional energy.

How will these changes support my emotional health and recovery this month?