

Boundaries With Loved Ones

Focus on your own choices and follow-through. A boundary does not control another person's behavior.

Family

WHAT KEEPS HAPPENING THAT HURTS MY RECOVERY?

WHAT BOUNDARY DO I NEED TO SET?

WHAT ACTION OR SUPPORT WILL I USE IF IT IS NOT RESPECTED?

Partner or Dating

WHAT KEEPS HAPPENING THAT HURTS MY RECOVERY?

WHAT BOUNDARY DO I NEED TO SET?

WHAT ACTION OR SUPPORT WILL I USE IF IT IS NOT RESPECTED?

Friends

WHAT KEEPS HAPPENING THAT HURTS MY RECOVERY?

WHAT BOUNDARY DO I NEED TO SET?

WHAT ACTION OR SUPPORT WILL I USE IF IT IS NOT RESPECTED?

Keep in mind: State your need clearly. Name the action you can control. If conflict escalates or safety is a concern, pause and seek professional or trusted support.