

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.

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?

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.

Boundary-Setting Scripts

Practice your words before the conversation. A boundary names your need and the action you will take.

"I feel ____ when _____. Going forward, I need _____. If that does not happen, I will _____."

A friend invites me to drink or use substances

A family member brings up my past

Someone contacts me at a time I have set aside for rest

My own situation

Coaching reminders

Keep your tone calm and steady. Stick to one boundary per conversation. Repeat the boundary if needed. Take a break if the conversation becomes heated.

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?

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.

Weekly Boundary Review

Use at the end of each week. Notice progress, learn from difficult moments, and choose a focused next step.

WINS THIS WEEK

A BOUNDARY I SET AND KEPT WAS...

A TIME I SAID NO AND FELT PROUD WAS...

A SITUATION I LEFT BECAUSE IT WAS NOT SAFE FOR MY RECOVERY WAS...

STRETCHES AND SLIPS

WHERE DID I IGNORE MY OWN LIMITS?

WHERE DID GUILT OR FEAR SPEAK LOUDER THAN MY RECOVERY GOALS?

WHAT COULD I HANDLE DIFFERENTLY NEXT TIME?

MY PLAN FOR NEXT WEEK

BOUNDARY 1

BOUNDARY 2

BOUNDARY 3

Progress, not perfection. Boundaries are skills you learn with practice.