



SETTING HEALTHY BOUNDARIES

What you allow...will continue.....

YOU TEACH
PEOPLE HOW TO
TREAT YOU
BY WHAT YOU
ALLOW, WHAT YOU
STOP, AND WHAT
YOU REINFORCE.

~ TONY GASKINS ~

Healthy Boundaries are being able to say NO when you mean to say NO.

They are setting up parameters in your life from your “FRIENEMIES” who have no respect for your sobriety or recovery.

Often we are so eager to please others that our own needs are not met. We allow people to run over us, take advantage of our kindness, and manipulate us into doing things we don't really want to do.

“FRIENEMIES” don’t care about your recovery

Becoming comfortable enough to be able to say NO with assertiveness is a big step for many people.

The following sentences can help you set some personal boundaries against others who pull you in several directions at once.

Your own recovery is the most important thing, so keep it SAFE by setting boundaries with people who “need” you.

Finish these sentences.....

PEOPLE MAY NOT _____.

- **Go through my personal belongings**
- **Ask me to get drugs for them**
- **Manipulate me to borrow my car**
- **Criticize me**
- **Make comments about my past mistakes**
- **Take their anger out on me**
- **Humiliate me in front of others**

Some examples of my own:

- _____

2. I have a right to ask for

Privacy

- Help around the house
- More information before making a purchase
- Quiet time to myself
- my example : _____

3. To protect my time and energy, it's OK to:

- **Turn the ringer off on the phone**
- **Take my time returning calls or e-mails**
- **Change my mind**
- **Cancel a commitment when I'm not feeling well**
- **Some examples of my own: _____**

Some helpful phrases to set boundaries:

- I have a policy about making snap decisions, let me sleep on it/pray about it/etc.
- I don't feel comfortable doing that, sorry.
- I can't give you an answer right now, I'll just have to say no.
- I am unable to commit to that right now
- I really appreciate you asking me, but I can't do it.
- I have a policy about lending out money/car/etc.

- ***To set a boundary with old "associates" who call concerning drugs:***
 - "I'm not doing that shit any more; do not call me or text....LOSE MY NUMBER."
- ***To buy yourself time when making tough decisions:***
 - "I'll have to sleep on it, I have a policy of not making decisions right away."
- ***To back out of a commitment:***
 - "I know I agreed to do this, but after reviewing my schedule, I'm going to have to cancel in order to take care of myself."
- ***To set a boundary with an adult child who borrows money:***
 - " I won't be lending you money anymore. I love you and you need to take responsibility for yourself."

When setting boundaries, there is **no need to defend, debate, or over-explain your feelings.**

Be firm, gracious and direct.

When faced with resistance, repeat your statement or request.

Back up your boundary with action.

Stay strong. If you give in, you invite people to ignore your needs.

**REMEMBER...WE TEACH PEOPLE HOW TO
TREAT US!!**



The Four Agreements

- **BE IMPECCABLE WITH YOUR WORD**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

- **DON'T TAKE ANYTHING PERSONALLY**

Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

- **DON'T MAKE ASSUMPTIONS**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

- **ALWAYS DO YOUR BEST**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.