



They protect your recovery

SETTING AND KEEPING BOUNDARIES

Boundaries show where 'I' end and another person begins. They are not a wall or a punishment, but a way of caring for yourself and for the relationship. In recovery they can be the most important tool of all.

How to set a boundary

- ✓ keep it short and specific
- ✓ speak about yourself, not the other person's flaws
- ✓ you don't have to explain or apologise
- ✓ repeat calmly if needed
- ✓ be consistent

Example phrases

- ✓ "No, I can't manage today."
- ✓ "I need some quiet right now."
- ✓ "This is too much for me."
- ✓ "Let's talk about it tomorrow."
- ✓ "I need this to be respected."

Boundaries I want to keep

Toward whom or what, and exactly how my boundary sounds.

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A difficulty I foresee, and how I'll handle it

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