

Boundaries in Recovery Worksheet

Name:

Age:

Date:

Part I

Where do you feel the need for boundaries in your life? (Select all that apply)

- Relationships
- Work
- Personal time
- Self-care
- Other (please specify): _____

What are some situations or behaviors that make you uncomfortable physically? (Select all that apply)

- Invasion of personal space
- Unwanted touching
- Loud environments
- Other (please specify): _____

What actions can you take to establish physical boundaries? (Select all that apply)

- Clearly communicate your comfort zones
- Use body language to indicate discomfort
- Set clear consequences for boundary violations
- Other (please specify): _____

What are your emotional triggers or situations that negatively impact your well-being? (Select all that apply)

- Criticism
- Betrayal
- Feeling overwhelmed
- Other (please specify): _____

How can you communicate your emotions effectively and set emotional boundaries? (Select all that apply)

- Express feelings using "I" statements
- Establish consequences for disrespectful behavior
- Set limits on discussing sensitive topics
- Other (please specify): _____

In what areas is your time consistently being drained or misused? (Select all that apply)

- Work demands
- Excessive social obligations
- Procrastination
- Other (please specify): _____

What specific time boundaries can you establish to protect your personal time and priorities? (Select all that apply)

- Set specific work hours
- Prioritize self-care activities
- Learn to say no to non-essential commitments
- Other (please specify): _____

Part II

What are the warning signs that indicate a boundary may be crossed?

What proactive plan can you create for addressing these warning signs?

What are your top priorities in recovery (e.g., self-care, therapy, support groups)?

What boundaries can you establish to prioritize and protect these key elements?

What are effective ways to communicate your boundaries with others?

Can you practice using "I" statements to express your needs and expectations? Provide an example.

Part III

Can you reflect on positive outcomes resulting from the establishment of healthy boundaries?