

# Boundaries in Recovery Worksheet

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Gender: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet is designed to help you develop and maintain healthy boundaries in your recovery journey. You can complete it at your own pace – there's no need to fill everything out at once. Feel free to revisit and update your responses as your recovery progresses.

## Identifying your current boundaries

### When invited to events where substances are present:

Comfort level. Rate from 1 (very uncomfortable) - 5 (very comfortable):

1

2

3

4

5

My typical response:

What I'd like to say instead:

### When others discuss their substance abuse around me:

Comfort level. Rate from 1 (very uncomfortable) - 5 (very comfortable):

1

2

3

4

5

My typical response:

What I'd like to say instead:

### Circle which style best describes you in different contexts:

With family:

Rigid

Flexible

Porous

Nonexistent

With friends:

Rigid

Flexible

Porous

Nonexistent

At work:

Rigid

Flexible

Porous

Nonexistent

## Creating healthy boundaries

### Complete these sentences:

1. I have the right to
2. It's not okay when others
3. I will protect my recovery by
4. When I feel uncomfortable, I will

### Practice scenarios

#### Scenario 1: A friend invites you to a party where drinking will occur.

Your boundary statement:

#### Scenario 2: Someone pressures you to explain why you're not drinking.

Your boundary statement:

#### Scenario 3: A family member brings substances into your living space.

Your boundary statement:

### Personal reflection