

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