



CHANGES
— HEALING CENTER —

Setting Consistent Boundaries in Recovery

Our worksheet can help you set boundaries, a skill for people in recovery and their loved ones.



Setting Consistent Boundaries in Recovery

Instructions: Reflect on each prompt and jot down a brief, honest response. Identify your boundaries and how to express and uphold them.

1. Identify Your Personal Values: What values are most important to you right now?

2. Recognize Your Needs: What do you need more of in your life to feel safe and supported?

3. Define One or Two Key Boundaries: What boundaries do you need to set to protect your values and meet your needs?

4. Plan How to Communicate Your Boundary: How will you calmly and clearly tell someone about your boundary?

5. Decide on Enforcement: What will you do if someone doesn't respect your boundary?



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