



BOUNDARY; A NECESSARY KINDNESS IN TIMES OF CHAOS

WHAT IS A BOUNDARY?

Put simply, a boundary is our personal protection against behavior we will not tolerate. A boundary's main purpose is to make your home safe again, give you and your family your lives back, and to not help your loved-one use. They are also intended as; physical, financial and legal protection.

WHY SET A BOUNDARY?

Boundaries are a necessary part of protecting you and your family. They are an important part of getting the lives of you and your family back.

It is crucial to not expect a boundary to stop your loved one using, this is not the intended purpose of the boundary.

Boundaries will help your loved one to feel the negative impacts and consequences of their drug use.

A boundary is NOT rejection or abandonment but IS for protecting everyone involved including your loved-one.

BOUNDARIES ARE NOT FLEXIBLE

When setting a boundary, you must commit to it and stay consistent. Inconsistency is an invitation for the boundary to be pushed against.

Start small, give yourself the time and space to grow accustomed to the boundary. Only progress to stronger boundaries (if needed) when you become confident in enforcing them.

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“A lack of boundaries invites a lack of respect”

TYPES OF BOUNDARIES:

- 1 **Verbal** - "I will not tolerate being shouted at / spoken to in that way. If you continue, I will leave the room."
- 2 **Emotional** - "Seeing you like this is too hard for me, I will not be around you"
- 3 **Physical** - "I will call the police if you threaten violence or act violently."

SOME FINAL NOTES ON BOUNDARIES

Setting boundaries is hard, it often leads to feelings of guilt, shame, sadness, even failure

Becoming clear on the **WHY** and the **WHO** will help reinforce the need for boundaries.

Why are you setting the boundary? For the protection of you and your family.

Who are you doing this for? You, your loved one with SUD, and your family.

Always remember

You are not turning your back on or abandoning your loved one

You are making difficult choices from a place of love, for their best interest and to take another step towards their path to recovery.

Most of all - be kind to yourself, be kind to your loved-one!

