

# SETTING CONSISTENT BOUNDARIES IN RECOVERY

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

**Instructions:** Take a moment to reflect on each prompt, then write a short, honest answer. You'll identify what boundaries you may need and learn how to communicate and enforce them.

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

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

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

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

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

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