



HEALTHY BOUNDARIES FOR RECOVERY

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Addictive Behavior is Boundary Failure

Affirm - Nurture - Set Age Appropriate
Limits

Healthy Relationships are the Antidote
to Addiction

Relationships



The Value of Respect



We Protect what we value....

AUTHENTIC
vs
INAUTHENTIC



Childhood Traumas



Toxic Shame



- A Relationship Without *Trust* Is Like Having a Phone With No Service. And What Do You Do Without A Phone With No Service?

YOU PLAY GAMES



How Do We Build Trust?



Maturity vs Immaturity



Importance of All Emotions



My Emotional Bill of Rights

- 1. Forgiveness is optional, moving on is priceless
- 2. I am deserving of Respect
- 3. My family of origin doesn't have to be the family I identify with
- 3. What happened to me as a child wasn't my fault
- 5. Being happy and being myself are my fundamental rights
- 6. (You fill in the rest)

And Always Remember...I am Human First.

Boundaries vs Walls



Illusions Fantasies Denial Delusions



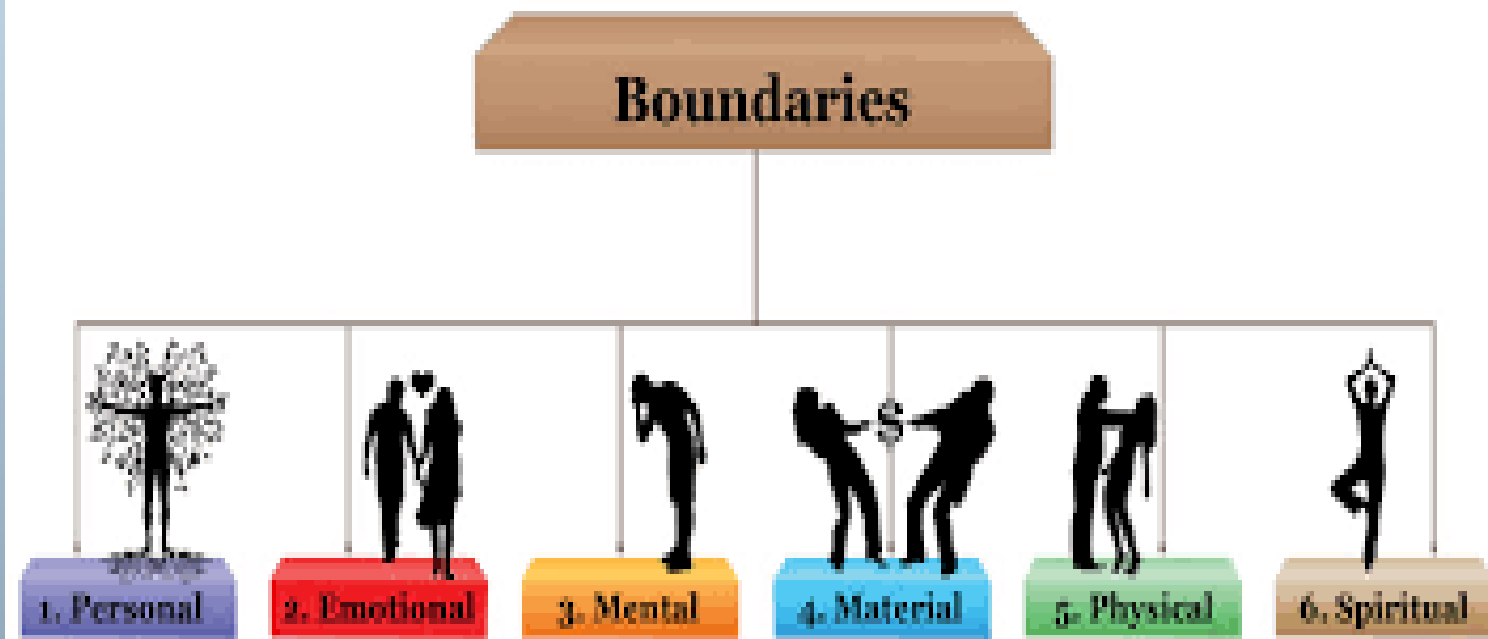
Don't Even kNow I Am Lying?



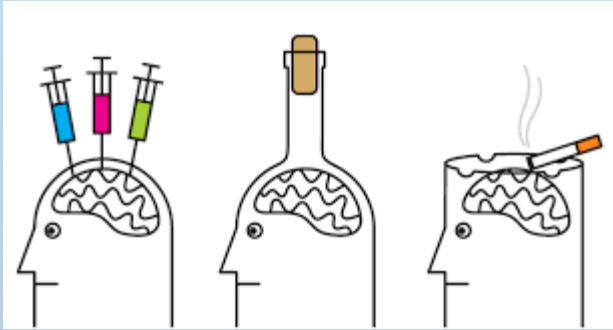
DENIAL?

Boundary System

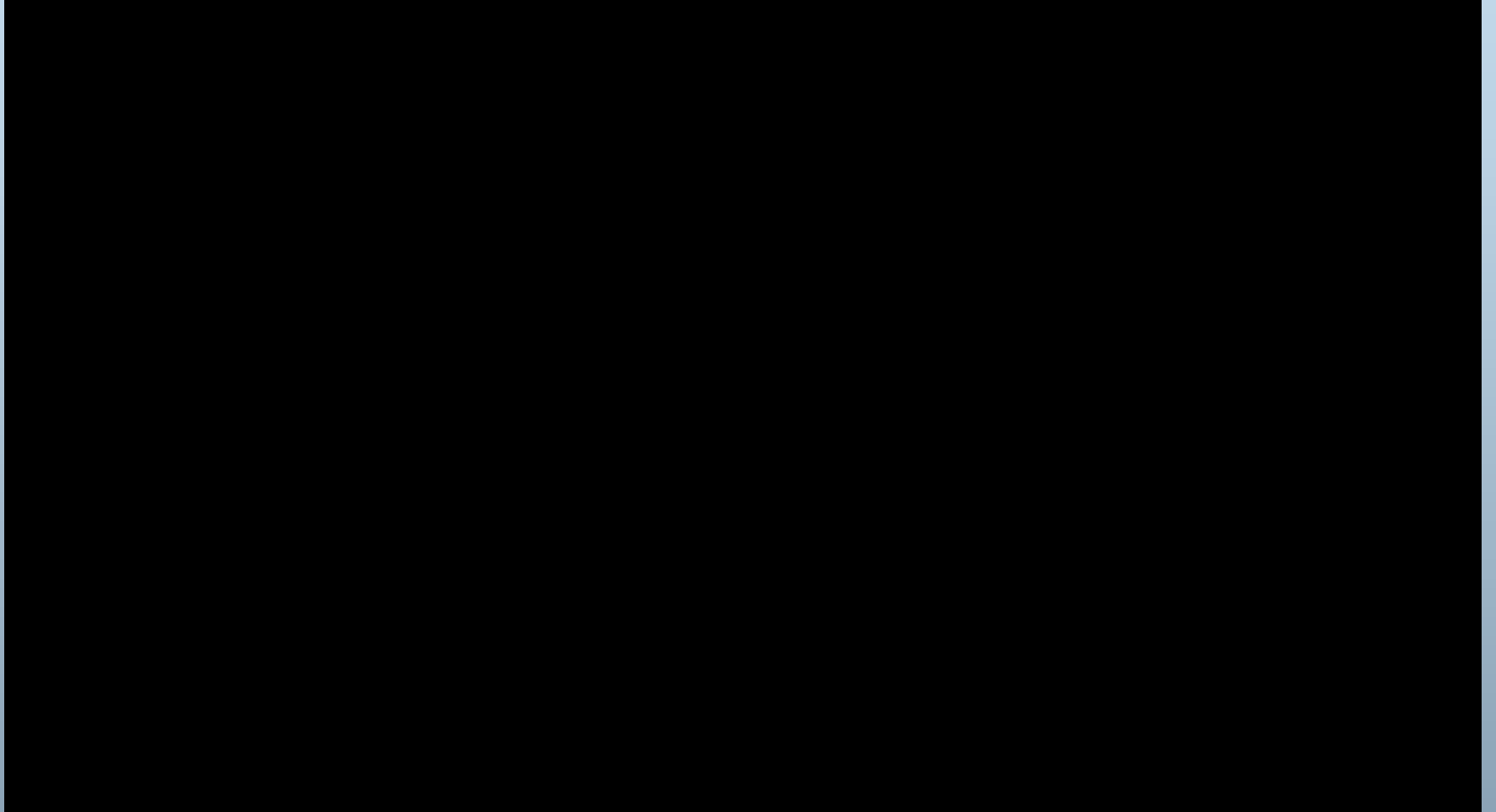
Types of Boundaries



Addiction = Profound Boundary Failure



Just Say No.....



Physical Boundaries



External Boundaries

- External System – protects the body and controls distance and touch

Two parts:

Physical Boundary

Sexual Physical Boundary

External Physical Boundary Statement

“ I have the right to control distance and non-sexual touch with you and you have the same right to do so with me.”

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External Boundary Violations

- Touching someone without their permission
- Standing in another's personal space without permission
- Getting into a person's belongings such as their purse, wallet, or mail without their permission
- Listening in on another's conversation without their permission
- Not allowing another to have privacy or violating their right to privacy
- Exposing others to contagious illness
- Smoking around others in a non smoking area

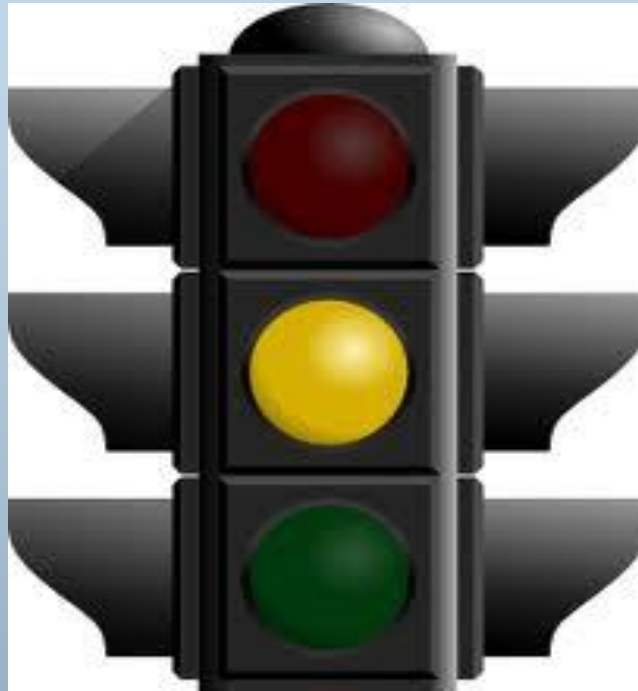
How Important Is Physical Space?



Space Demonstration



Recovery Boundaries – Three Circles



External Sexual Boundary Statement

“I have the right to determine with whom, when, where, and how I am going to be sexual. You also have the same right to do so with me.”

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Non-Committal

SORTA
KINDA
MAYBE
YEAH

Sexual Boundary Violations

- Insisting on having your way sexually when someone says “NO”
- Unsafe sexual practices
- Exposing others to sexual experiences without their permission
- Engaging a person sexually without their permission
- Sexually shaming another person

Fear can be our compass...



Internal Boundaries



Epic Fail



Internal Boundary Violations

- Yelling
- Screaming
- Name calling
- Ridiculing, teasing or making fun of
- Patronizing
- Interrupting
- Blaming
- Sarcasm
- By word or deed, indicating that another is less than
- Attempting to control or manipulate another

Anger is Healthy



Rage...not so much



Listening and Talking Boundaries Protect and Contain



Talking Boundary - Contain

1. Set your physical boundary in order to be more comfortable as you speak.
2. Remind yourself not to blame.
3. Remind yourself you are sharing who you are, not to control or manipulate.

Talking Boundary - Contain

4. Remind yourself to regulate your emotions as you speak (Breathe).
5. State what happened or what you want to share without using words that are shaming. i.e. “This is what I heard” or “This is what I saw”
6. State what you believe or thought about number 5. (Thoughts)

Talking Boundary - Contain

7. State how you feel or made yourself feel regarding number 6. (Emotions)
8. State what you did regarding number 5 and 6. (Behaviors)
9. State how you would prefer things to be if that is appropriate. If negotiation is required, start this process as follows: Identify the problem; propose various solutions; choose one solution and put it into action. Evaluate the results to determine if further negotiation is necessary.

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Three Important Questions



Assertiveness Formula - Boundaries in Action

When I hear you say _____,
or when I see you do _____,
what I think about that is _____,
and about that I feel _____.

If this continues I would like to make a
request that _____.

The Broken Record

- Use Assertiveness Formula
- Wait for Response and Actively listen, if the person is reactive and defensive...
- Affirm: “You may be right...AND
- Repeat your reality again using Assertiveness Formula
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- Affirm: “You may be right...AND
- Repeat your reality again using Assertiveness Formula

Listening Boundary - Protect

1. Set your physical boundary in order to be more comfortable as you listen.
2. Remind yourself that you are a functional adult capable of listening without:
3. Formulating a response before the person finishes talking.

Listening Boundary - Protect

4. Trying to find ways to defend your position before the personal finishes talking.
5. Trying to fix or solve the problem before you even know what the problem is.
6. Remind yourself not to take the blame.

Listening Boundary - Protect

7. Remind yourself you are listening to find out who the other person is, not to formulate a defense.
8. Remind yourself to regulate your emotions as you listen (Breathe) and to monitor the emotions of the person speaking.
9. Review that you protect yourself as you listen by determining if what is being said is “true” not true”, questionable”, or a boundary violation.

Listening Boundary - Protect

10. If what you heard is “not true”, open up your boundary, take it in, and have your feelings about it.
11. If what you said is “not true” work at keeping your boundary closed. If you have let it in, notice what you are feeling (pain, anger, joy, shame, love, guilt, fear) but don't attach to the feelings – actively work to push them out: i.e. “this is not about me.”

Listening Boundaries - Protect

12. If what you heard is “questionable”, when the person is finished talking, ask for the data you need in order to decide if it is “true” or “not true”.
13. If you are experiencing a boundary violation, stand up for yourself, confront the boundary violation, and tell them to stop.
14. Evaluate what you have heard to determine if negotiation is necessary.

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Two Party Role Play

- **Role Player “A”:** You are hurt, angry and fed up with “B” always being on their cell phone, taking calls, texting others, playing a game, or checking the internet when its “family” time or “us” time. Use assertiveness formula to confront “B”.
- **Role Player “B”:** Be defensive, take no responsibility for your behaviors and blame “A” for you cell phone use.
- **Role Player “A”:** Practice Assertiveness Formula and Broken Record.
- **Role Player “B”:** Continue to be defensive....

Boundary Failure and Repair

If one acts as a major offender, the person doing the offending is accountable for the impact and owes the other an amends.

But I am Sorry....



Repair Process

- Openness
- Humility
- Sincerity
- Accountability
- Rigorous Honesty
- Amends



Tips for Healthy Apologies

- **Don'ts:**

- If I offended or upset you....
- I'm Sorry, But...

- **Do's:**

- Limit overuse of "I'm Sorry"
- I apologize for...
- I make an amends for and I will change...
- I regret my behavior and...
- I feel shame (or guilt) about my behavior and...

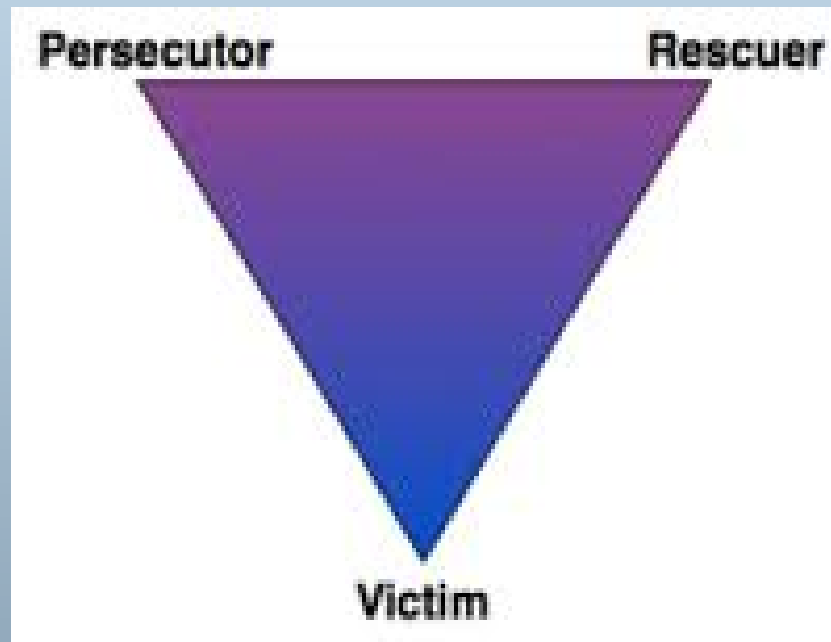
Addictive Behavior is Boundary Failure

To activate your boundary system the following three things must occur.

**Affirm - Nurture - Set Age Appropriate
Limits**

The Most Common Epic Fail

- KARPMAN DRAMA TRIANGLE



Relationships



**THANKS
FOR
LISTENING**