## STEP THREE: IMPLEMENTING NEW OR REFRESHED BOUNDARIES

Worksheet: Three ways to lay down boundaries

You know your boundaries, now let's figure out how to say them! Write out a sample talk that you would like to have with your loved one. Remember, you're talking about you- not them. Their actions have affected you but this is about your current feelings and what action you need to take about your current feelings.

An example would be, "Sometimes, I do not feel like it is safe for me to talk to you about relapses because I panic. I would like if we could talk about it with our counsellor from now on, until I am able to not get angry."

Of course, they're going to love this because A. They don't have to talk to you right now and B. You're taking all the responsibility, but that's what boundaries are- they're us taking responsibility for ourselves.

Write out your boundaries and how you will say them, with as minimal fault-finding as possible.

Good luck!