

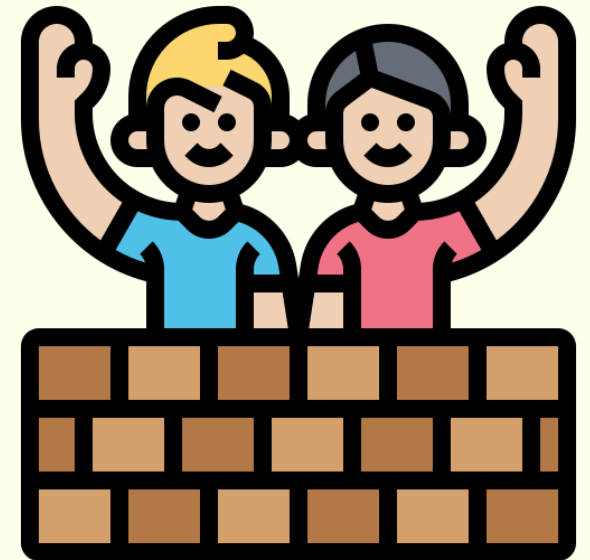
BOUNDARIES

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BOUNDARIES

A boundary is an invisible line which separates what I am responsible for from what others are responsible for.

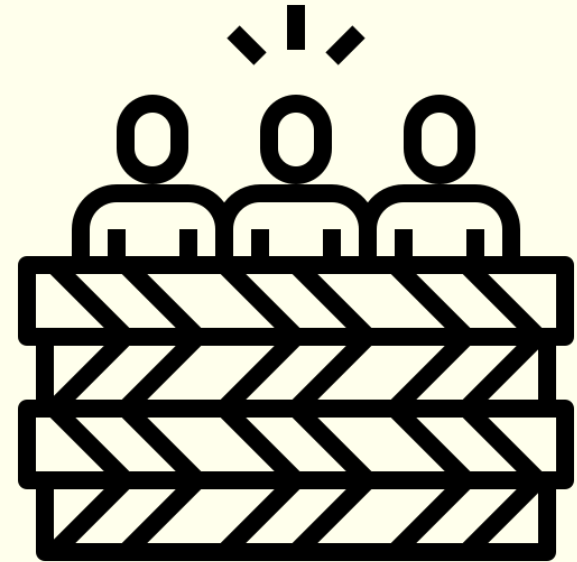
Who is responsible for the addict's recovery?



WHY SET BOUNDARIES?

“By setting clear boundaries on our behavior and what we will accept from others, we begin to take back our lives from being controlled by other people’s thoughts, feelings and problems. We claim ownership of and responsibility for ourselves.”

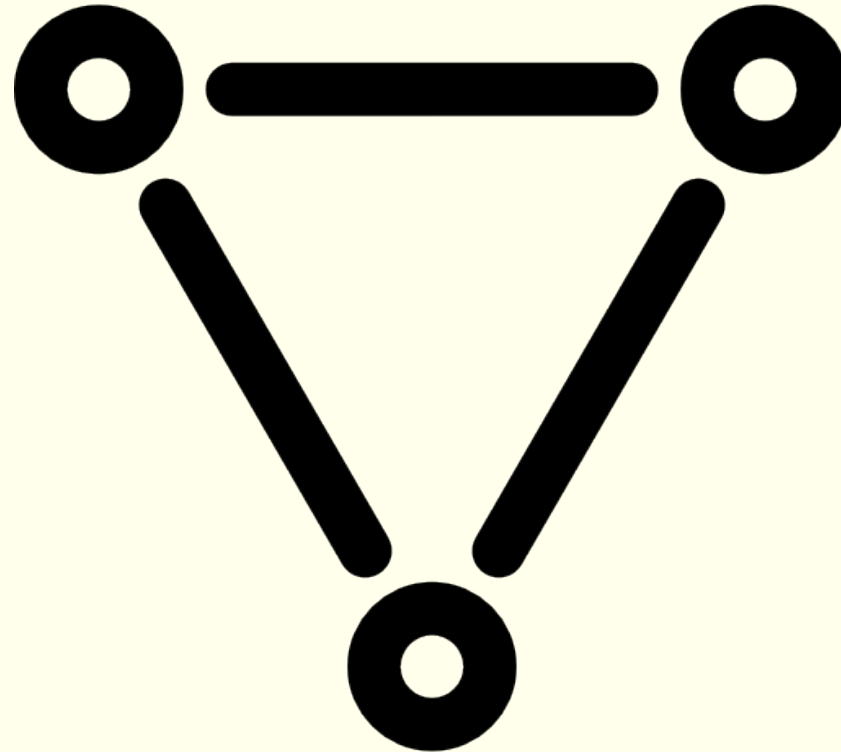
Ray, 1989



TRIANGULATION

Persecuter

“More controll or punishment will fix the problem”



Protector

“More love or nurturing will fix the problem”

Blamer

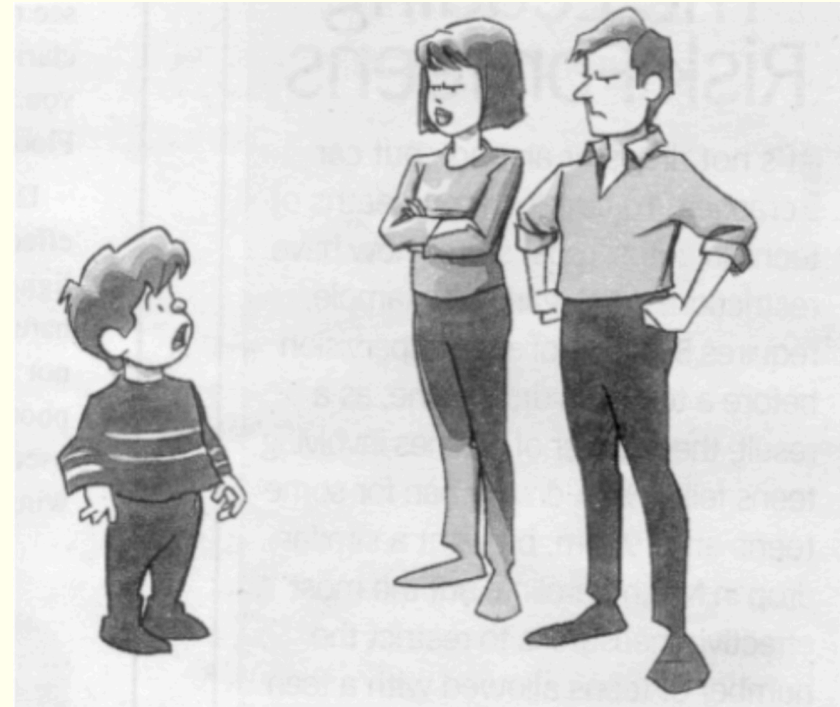
“Its _____'s Fault”



IN A PERFECT WORLD...

“Isn't one of you supposed to play the good parent?”

-Parade 2004



FILTERS

RECOVERY FILTER

How do I want my household/living space to be?

How do I want/need to use my assets (emotional, financial, time, energy)?

RELAPSE FILTER

How do I keep my family member sober/alive?

How do I keep everyone else happy?

How do I get what I want vs. what I need?



HOW DO I WANT MY HOME/ RELATIONSHIP TO FEEL?

If expectations are not followed, and the consequence is to live elsewhere, no one was “kicked out” of the home.

The young person chose not to respect household boundaries and is responsible for that choice.



BOUNDARIES:

FOLLOW THESE STEPS

1. Determine values and expectations for your household/ relationship, you are CEO
2. State the consequences up front when setting a boundary
3. Prevent triangulation by prior agreement with partner regarding expectations and consequences



BOUNDARIES:

(CONTINUED)

4. Keep it simple (we don't want it to be overwhelming)
5. BE CONSISTENT AND FOLLOW THROUGH
6. Maintain Emotional Objectivity



***“WHEN WE ARE NO LONGER ABLE
TO CHANGE A SITUATION WE ARE
CHALLENGED TO CHANGE
OURSELVES”***

-VIKTOR FRANKL

