**Boundaries in Recovery: Protecting Your Progress**

**Purpose:**  
Boundaries are the invisible lines that define where you end and the rest of the world begins. They are acts of self-respect, protecting your mental, emotional, and physical well-being from intrusion, imbalance, and harm. In recovery, boundaries are not just helpful—they are essential. They guard the progress you’ve made, safeguard your energy, and create space for healing and growth.

Addiction often blurs boundaries, leading to unhealthy patterns in relationships, environments, and even self-perception. Recovery is the process of redrawing those lines with intention, learning to say "yes" to what nourishes you and "no" to what drains or endangers you. Healthy boundaries are not about shutting people out but about inviting balance and mutual respect into your life.

This worksheet will help you explore your personal boundaries, identify areas where they need reinforcement, and develop strategies to maintain them, even in challenging situations. By honoring your boundaries, you affirm your worth and ensure that your recovery remains a priority.

**1. Understanding Your Current Boundaries**  
Take a moment to reflect on how you currently set and maintain boundaries in your life.

Where in your life do you feel your boundaries are strong (e.g., work, family, friendships)?

In what areas do you feel your boundaries need more attention or reinforcement?

**2. Recognizing the Role of Boundaries in Recovery**  
Boundaries are not just about keeping others at a distance—they are about protecting your energy and progress.

Think about a time when someone crossed your boundaries during your recovery. How did it affect you emotionally and mentally?

How might stronger boundaries have helped in that situation?

**3. Defining Healthy Boundaries**  
Healthy boundaries are clear, firm, and respectful of both yourself and others. They reflect your values and priorities, helping you stay aligned with your recovery goals.

What are three boundaries you want to establish or strengthen in your life right now?

How will these boundaries support your recovery and overall well-being?

**4. Communicating Your Boundaries**  
Setting boundaries requires communication, especially with those who may not yet understand your needs or recovery journey.

What challenges or fears arise when you think about communicating your boundaries to others?

What language or approach could you use to express your boundaries clearly and respectfully?

**5. Maintaining Boundaries in Difficult Situations**  
Boundaries are often tested by people or situations that challenge your resolve. Learning to enforce them consistently is key to their effectiveness.

How do you currently respond when someone crosses a boundary you’ve set?

What strategies could help you stand firm in your boundaries, even when others push back?

**6. The Role of Self-Compassion in Boundaries**  
Setting boundaries can feel uncomfortable or guilt-inducing at first. Self-compassion reminds you that prioritizing your well-being is not selfish—it’s necessary.

How can you practice self-compassion when setting or enforcing your boundaries?

How does showing yourself grace help you stay committed to your boundaries?

**7. Reflecting on Your Growth**  
Boundaries are a skill, and like any skill, they strengthen with practice and reflection.

Think about a time when you successfully upheld a boundary. What did you learn from that experience?

What would your life look like if you consistently honored and upheld your boundaries?

**Conclusion:**  
Boundaries are the quiet guardians of your recovery, protecting your progress and creating space for healing to flourish. They are an act of love—toward yourself and toward those around you. By setting, communicating, and maintaining boundaries, you affirm your commitment to your well-being and the life you are building in recovery. With each boundary you honor, you step closer to a life of balance, respect, and resilience.