NEW DAY RECOVERY
Session 20 Handout

My Boundary

From Session 20. A boundary is a property line: it states what I will do — not a wall, not a threat, not a wish with no action behind it.

Name: _____ **Date:** _____

Healthy boundaries protect four territories: my body and safety, my money and property, my time and commitments, and my recovery itself — meetings, program rules, medication routines, sleep.

My boundary, in the frame

"I love / care about _____. I will _____. I will not _____. If _____ happens, I will _____."

Audit it with a partner

- ☐ Is every verb mine?
- ☐ Is the consequence real and kind?
- ☐ Is it short enough to say while nervous?

"Don't ever call me drunk again" is a wish. "If you call drunk, I'll end the call and try you tomorrow" is a boundary. State it kindly, briefly, once — then let your actions do the repeating.

Homework: write the sentence on a card and keep it where you will see it before the relevant call or visit.