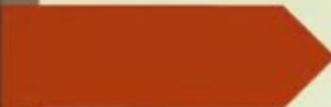


Loving, Empowered Boundaries

Mary R.





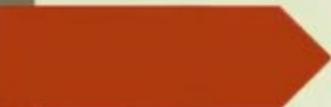
From
**“WHAT ARE
BOUNDARIES”**

CoDA Blue
Book
Chapter 5
**“Commonly
Asked
Questions”**

“We set boundaries to help insure our personal safety comfort, and self-respect.”

“In CoDA boundaries relate to imaginary borders that surround each individual’s body, spirit, energy, behaviors, thoughts and emotions.”

“We distinguish between external and internal boundaries. External boundaries focus on physical and sexual aspects. Internal boundaries concentrate on protecting our emotional, mental and spiritual well-being.”



Helpful Hints

Boundaries are communicated and demonstrated through our Loving Parent Self in five areas: Emotional, Physical, Intellectual, Spiritual and Sexual.

Boundaries are about our self-care, self-expression and self-containment. They are about what is ok and not ok for us to experience.

Boundaries are how we take loving care of ourselves, whether we are sharing, listening or interacting.



Boundaries are not walls,
rules or demands.

From Chapter 5,
CoDA Blue Book
"Commonly Asked
Questions"



"We are the only ones who can engage our own boundaries. We cannot expect others to recognize them."

"It is our responsibility to communicate our boundaries to others in a gentle and firm way, remembering that if someone hasn't dealt with their own lack of boundaries, they probably will not recognize boundaries in others."

"When we have healthy internal boundary systems, we recognize that each individual is responsible for his or her emotional, mental and spiritual boundaries. We allow ourselves and others to have their own thoughts, feelings, opinions, behaviors, beliefs and spirituality."

SO, WHAT ARE HEALTHY BOUNDARIES?

EMOTIONAL: To determine and communicate how you will hear, share and experience yours or other's feelings and to honor the rights of others to have the same determinations.

PHYSICAL: To determine and communicate how, by whom, when and where you will be touched or allow others into your personal space and to honor the rights of others to have the same determinations.

INTELLECTUAL: To determine and communicate how you will hear, share and experience yours or other's thoughts, beliefs, creativities, values, philosophies or knowledge and to honor the rights of others to have the same determinations.

SPIRITUAL: To determine and communicate how you will hear, share and experience yours or other's thoughts, beliefs, ideas, philosophies or knowledge and to honor the rights of others to have the same determinations.

SEXUAL: To determine and communicate how, by whom, when and where you will be touched sexually, talked to sexually or experience sex or sensuality and to honor the rights of others to have the same determinations.



“Creating healthy boundaries is essential for our recovery. We learn this by attending meetings, socializing after meetings, talking with our sponsor, working the Steps and participating in service work. With the guidance we receive from our Higher Power, we create healthy boundaries for ourselves and learn to respect others' boundaries. We are then able to form and sustain healthy and loving relationships with ourselves and others.”

Chapter 5 CoDA Blue Book “Commonly Asked Questions”

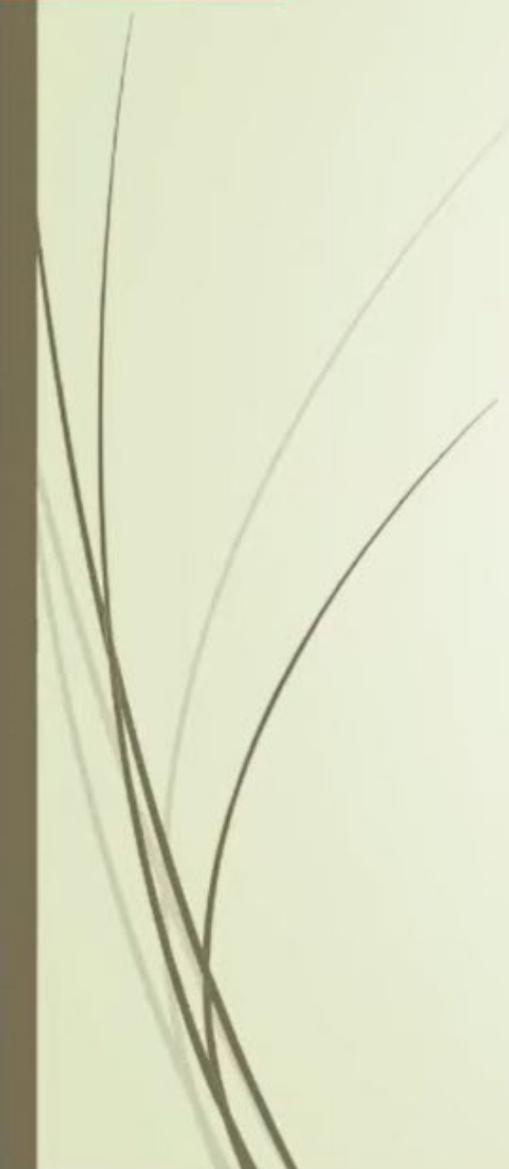


ASSIGNMENT TIME.....

CREATING YOUR BOUNDARIES:

1. WHAT ARE MY PHYSICAL BOUNDARIES?
2. WHAT ARE MY EMOTIONAL BOUNDARIES?
3. WHAT ARE MY SEXUAL BOUNDARIES?
4. WHAT ARE MY SPIRITUAL BOUNDARIES?
5. WHAT ARE MY INTELLECTUAL BOUNDARIES?

BOUNDARY DEFINING IS ABOUT "WHAT IS OK AND NOT OK" FOR ME TO EXPERIENCE



How about a little sharing





GETTING READY TO COMMUNICATE YOUR BOUNDARIES

First, Make a List

1. Make a list of the main people in your life you want to practice boundaries with.
2. Take the first person on your list. Write out what you would want to say to them about your boundary and/or boundaries.
3. Process your writing with your sponsor and/or recovery friends.
4. Now, take the next person on your list and repeat all the steps until you have gone through all those listed in your boundary list.



Communicating Your Boundaries (con't)

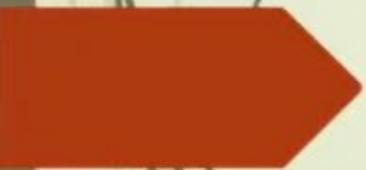
Lastly, it is time to communicate

8. Now go share with them and remember to share from an empowered assertive and loving place and **without any expectation of outcome.**

Of course, if the person is not safe or there is any fear for your physical safety, process all of this with your sponsor and/or recovery friends before deciding whether to share with the individual or not.

9. Give yourself a BIG HUG!!!!!! YOU DID IT!!!!

Q&A





ASSIGNMENT TIME.....

CREATING YOUR BOUNDARIES:

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BOUNDARY DEFINING IS ABOUT "WHAT IS OK AND NOT OK" FOR ME TO EXPERIENCE

Communicating Your Boundaries (con't)

Next, practice

5. Take the first person on your list and with your sponsor and/or recovery friends help, practice reading and stating your boundary out loud.
6. Be aware of how you feel and of any expectations of outcomes and/or fantasy fears.
7. Practice, Practice, Practice until you feel ready to share with the individual face to face.



GETTING READY TO COMMUNICATE YOUR BOUNDARIES

First, Make a List

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Closing with 3rd Step Prayer

God, I give to You all that I am and all that I will be for Your healing and direction. Make new this day as I release all my worries and fears, knowing that You are by my side. Please help me to open myself to Your love, to allow Your love to heal my wounds, and to allow Your love to flow through me and from me to those around me. May Your will be done this day and always. Amen.

