Boundaries Worksheet

1. What I will and won't do

Think of the moments that keep repeating. For each one, write what you'll do next time and what you'll say. Keep it short enough to remember when you're upset.

When this happens	I will	I will say
He comes home drunk after midnight.	*Go to bed. Talk in the morning, not tonight.*	*I'm not going to talk while you've been drinking. We'll talk tomorrow.*

THINGS I WILL STOP DOING

- [ ] Calling in sick for them, or covering for them with family.
- [ ] Paying for what the drinking costs: fines, lost wages, replaced phones.
- [ ] Pouring out bottles, counting drinks, checking up.
- [ ] Arguing with someone who's drunk.
- [ ] Getting in a car with someone who's been drinking.

2. What I'll say

Say it once. You don't have to explain, defend or win. If you're arguing, the boundary has turned into a debate. Walk away and pray.

SHORT, CALM, AND TRUE

- "I love you. I won't talk about this while you're drinking."
- "I'm not going to cover for you anymore. You'll need to call them yourself."
- "I won't ride with you after you've had anything to drink. I'll find my own way."
- "I'm taking the kids to my sister's tonight. We'll talk when you're sober."
- "When you're ready to get help, I'll help you find it. I'm here for that."

3. If a boundary is crossed

1. Which boundary matters most to me right now, and why?

2. If it's crossed, what will I do? (Something I'm truly willing to follow through on.)

3. Who will I tell, so I don't talk myself out of it?

4. My safety plan

- [ ] If anyone is in danger, call 911. If you're thinking about hurting yourself, call or text 988.
- [ ] If you're being hit, threatened or controlled: National Domestic Violence Hotline, 1-800-799-7233, or text START to 88788.
- [ ] A safe place I can go: _____
- [ ] Keys, phone charger, ID, some cash and medicine in one place I can grab.
- [ ] A code word that tells a friend or my kids to call for help: _____

5. Taking care of myself

- [ ] Sleep, eat and get outside, even when the house is chaos.
- [ ] Keep one thing each week that's just mine: church, a friend, a walk.
- [ ] Pray for them, then leave them in God's hands for the night.
- [ ] Stop checking their phone, their breath or the recycling.

6. My support

1. Two people I can call, with their numbers:

2. A family support group near me (such as Al-Anon or a church group):

3. My pastor or a counselor I trust:

SCRIPTURE

> *"For each will have to bear his own load."*
> GALATIANS 6:5 · ESV

> *"Keep your heart with all vigilance, for from it flow the springs of life."*
> PROVERBS 4:23 · ESV

> *"Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil."*
> MATTHEW 5:37 · ESV

> *"The prudent sees danger and hides himself, but the simple go on and suffer for it."*
> PROVERBS 22:3 · ESV