



# Workbook

## Boundaries (part 2)

Lesson 47

### ENTER YOUR INFORMATION

Type your Name:

Type your Email:

Type your Phone:

### WORKBOOK LESSON INSTRUCTIONS

Type in your answer, below each question.  
Some answers may be longer than others.

You must decide how much the question requires for a thorough answer.

1. Diagram your GENERAL SELF-CARE BOUNDARY.

Categories can include:

- Daily Recovery Actions
- Treatment/Halfway
- Social Time
- Family Time
- Personal Time
- Work, School
- Hobbies
- Other...

Type your answer here:

2. In the past, have you ever SAID one thing, and DONE another? Have you ever SAID that you wanted something, but ACTED in a way that showed the opposite?... Explain.

Type your answer here:

3. Today, what do your WORDS say, and what do your ACTIONS teach? Are they in harmony with one another?... Explain.

Type your answer here:

4. Pick another situation which has made you angry and/or uncomfortable. Describe the situation. Then, write down as many BOUNDARY OPTIONS as you can.

Type your answer here:

## 5. ACTION & JOURNAL PROJECT

Choose one of your boundary options (question 4), and practice it! Remember, you can always re-assess and choose another one... but it must be in **ACTIONS not WORDS**

Each day, continue journaling your practice with boundaries.

Type your answer here:

## ACTION JOURNAL

Record all of the following on your Weekly Action Journal:

- (a) your daily recovery actions
- (b) your feelings and moods
- (c) your service work

## SUBMIT YOUR WORKBOOK LESSONS & ASSIGNMENTS

1. Save your completed workbook lesson:

Save your completed workbook lesson as [LastName]\_[FirstName]\_[Assignment Name]

Example:

Doe\_John\_Cycle of Addiction\_part 1

2. Attach & Email to your Recovery Coach

Include your [LastName], [FirstName] & [Assignment Name] in the Subject Line of your Email

# WEEKLY ACTION JOURNAL

Plot your daily actions on this schedule to track your recovery and life skill progress.

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
7am							
8am							
9am							
10am							
11am							
Noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
Midnight							