

Self Care Recovery Boundaries Worksheet

Stressors are the result of poor or no boundaries your life. Poor boundaries cause stress, which leads to relapse. Identify areas in your life that require boundaries to keep you safe. Underline as high-risk those areas that led to your last relapse such as your brother sold you drugs, relationship boundary required.

Areas of Self care in your life include:

- self respect
- healthy life style
- value based spiritual growth
- continual search to improve and test personal knowledge

* Pay particular attention to relationships that may require boundaries in all four areas of physical, emotional, intellectual or spiritual.

Physical: keeping myself physically safe from actual physical harm or potential harm

Self care includes:

- self respect
- healthy life style
- value based spiritual growth
- continual search to improve and test personal knowledge

* Pay particular attention to relationships that may require boundaries in all four areas of physical, emotional, intellectual or spiritual.

Emotional: keeping myself emotionally safe from actual or potential verbal, non verbal and emotional harm

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Self care includes:

- self respect
- healthy life style
- value based spiritual growth
- continual search to improve and test personal knowledge

* Pay particular attention to relationships that may require boundaries in all four areas of physical, emotional, intellectual or spiritual.

Intellectual: keeping myself intellectually safe from ideas and values that are not based on rational information and evidence

Self care includes:

- self respect
- healthy life style
- value based spiritual growth
- continual search to improve and test personal knowledge

* Pay particular attention to relationships that may require boundaries in all four areas of physical, emotional, intellectual or spiritual.

Spiritual: keeping myself spiritually safe from actions and potential actions that would go against my core values and beliefs

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