

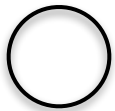
*Grey Ministries*

# UnBound Me

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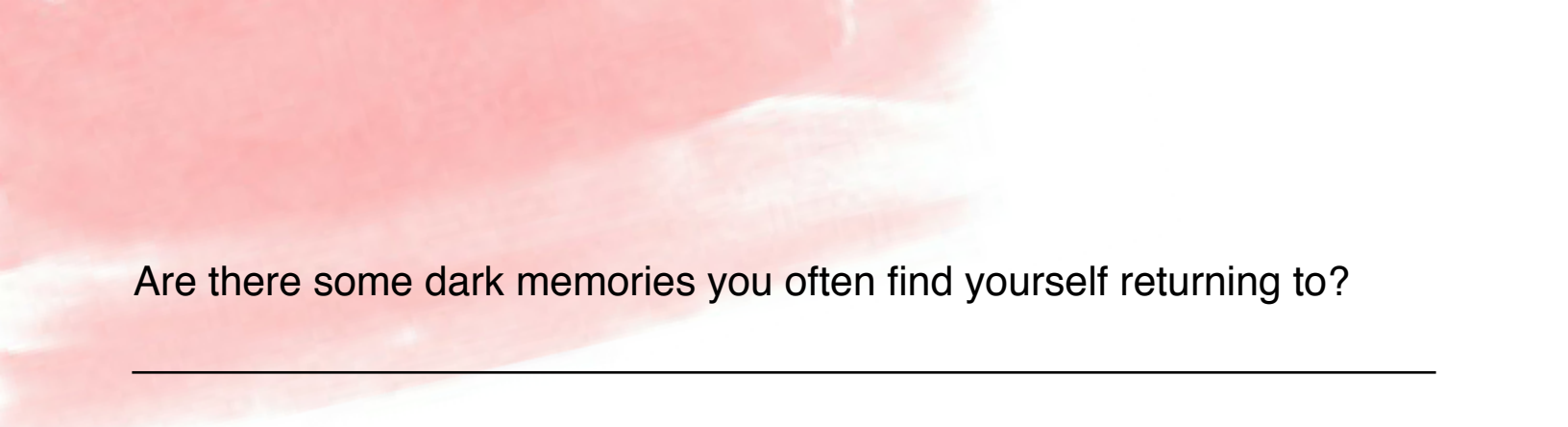
HOW TO DISENTANGLE YOURSELF  
FROM A LOVED ONE'S ADDICTION





## **STEP ONE: UNDERSTANDING**

Worksheet: What are boundaries and why do we need them?



Are there some dark memories you often find yourself returning to?

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Have you tried to make personal boundaries before? If so, why do you think they didn't work?

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What are some obstacles you expect to run into when it comes time to implement your boundaries?

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Name one example of a response you had that hurt YOU or your loved one.

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What would have been a better response/reaction?

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Do you think you're a "happy helper" or have you become a sideline "story of pain"?

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