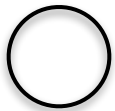


Grey Ministries

UnBound Me

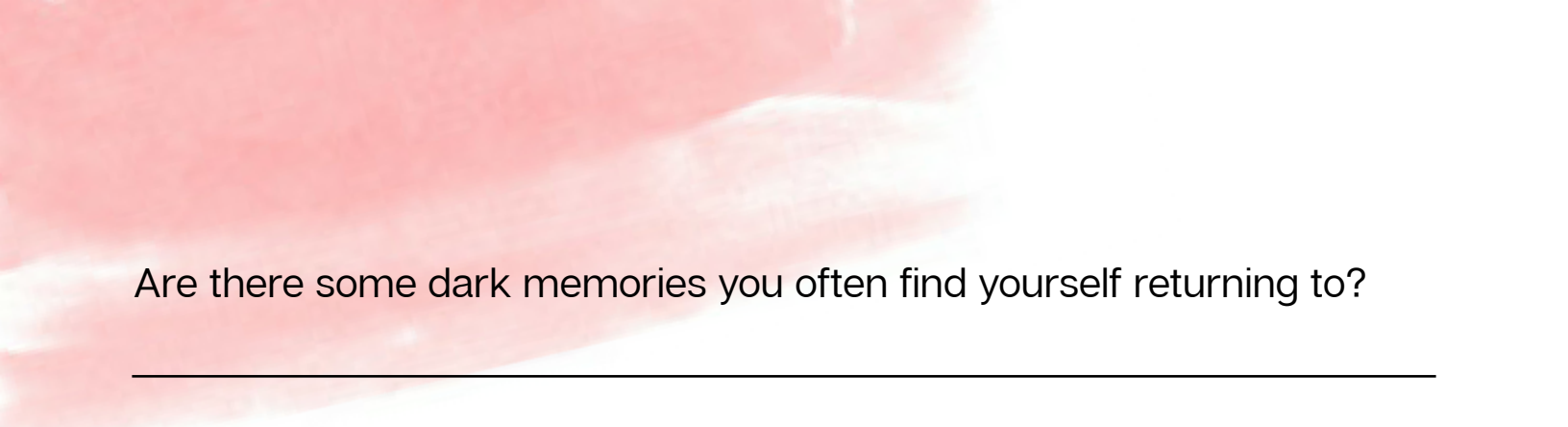
HOW TO DISENTANGLE YOURSELF
FROM A LOVED ONE'S ADDICTION





STEP ONE: UNDERSTANDING BOUNDARIES

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



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

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

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

Name one example of an incoming interaction that isn't good for you.

Name one example of an outgoing interaction that isn't good for you.

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

