

Adult Program

**SESSION 14:
BENEFICIAL BOUNDARIES**



Communication Draw

1. Find a partner and place chairs back to back so Partner 1 can see the screen and Partner 2 cannot.

2. Partner 1 describes the picture and communicates it to Partner 2. Partner 2 attempts to draw the image on Page 46 of the Workbook based on Partner 1's communication alone.

3. Once complete, partners switch roles and repeat.



Communication Draw 1



Communication Draw 2



Partner Check-in & Continued Practice

Share with a partner how you're doing today and if any big moments happened since the previous session.

Open your Participant Workbook to the previous session's Continued Practice, and update a partner on your progress.





Establishing/Reviewing Group Norms

What are the expectations for how we act and treat
one another in the group?

Turn & Talk

Have you ever felt uncomfortable or resentful after agreeing to something you didn't want to do? How might setting clearer boundaries help you feel more in control and at peace?

When others repeatedly cross your boundaries, do you find it difficult to speak up? How could practicing assertiveness strengthen your relationships and self-respect?

Do you ever feel unsure about where to draw the line between being helpful and overextending yourself? What if establishing healthy boundaries could protect your energy and improve your well-being?





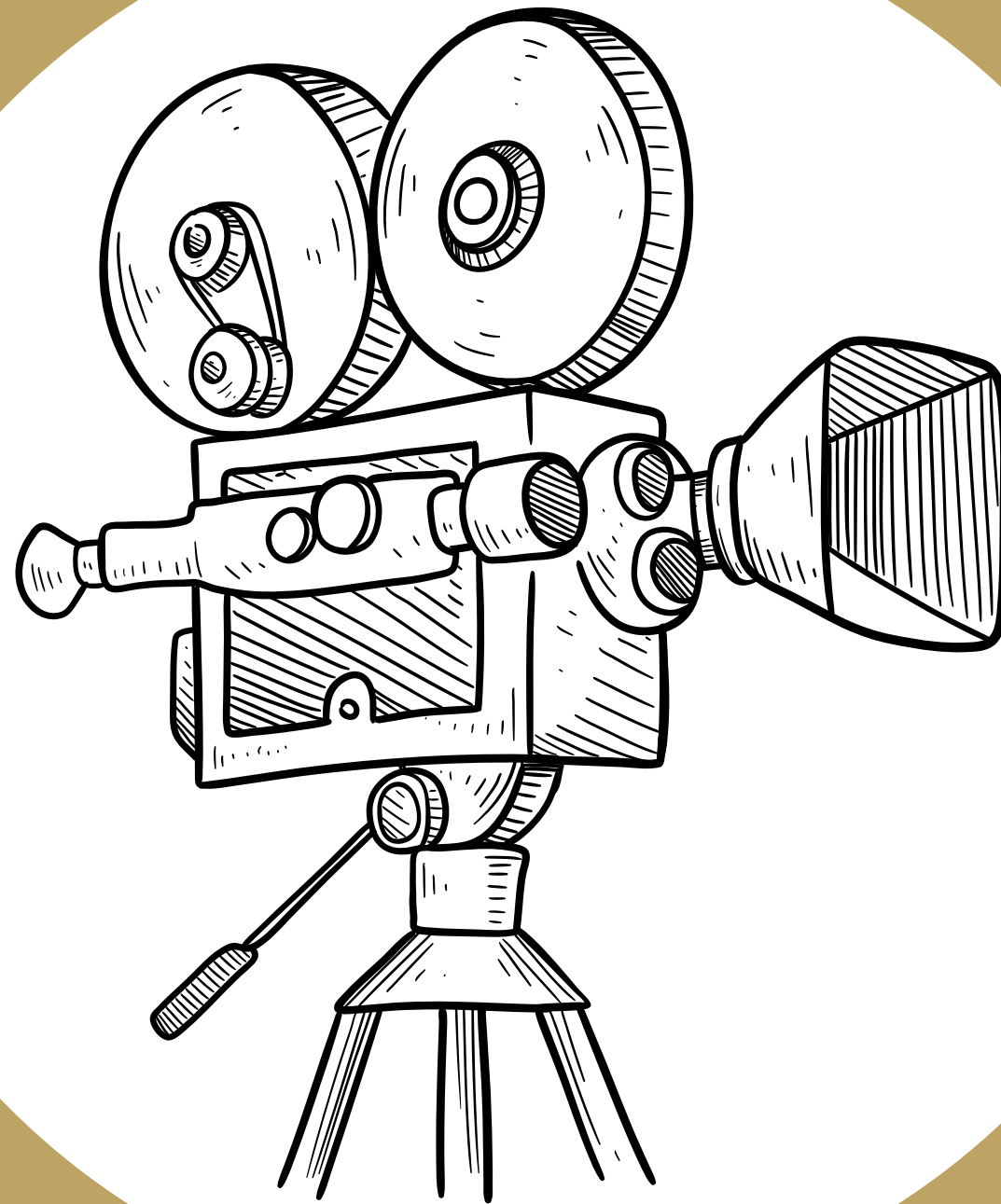
Objective

I can establish at least two beneficial boundaries and communicate them assertively to others.

Page 46 of the Participant Workbook



Setting Healthy Boundaries



Open the Video Clip. Focus Task: Workbook Page 46

Focus Task

Work with a partner to discuss the focus task questions on Page 46 of the Workbook and help each other fill in any gaps.



Boundaries



Boundaries are essential because they help maintain a clear sense of identity and control in relationships. By setting boundaries, individuals communicate their needs, protect their emotional and physical well-being, and make decisions that align with their values. This fosters self-respect and teaches others how to treat them, promoting healthier and more respectful connections. Strong boundaries also reduce stress and empower people to navigate challenges confidently and assertively.

Activity

As we advance through the following slides, write down the key components of boundaries on Page 47 of the Workbook.



Physical Boundaries

Physical boundaries are about protecting your personal space and feeling safe around others. It's okay to say no if someone gets too close or touches you when you're uncomfortable. Respecting physical boundaries means standing up for yourself and making sure others know your limits.



What Science Says: Studies show that respecting physical space is essential for maintaining comfort and preventing stress.

Emotional Boundaries

Emotional boundaries help you protect your feelings and avoid getting overwhelmed by others' emotions. It's important to recognize when someone's negativity is affecting you and to distance yourself if needed. Setting emotional boundaries allows you to take care of your own mental health and stay in control of how much you let others impact you.



What Science Says: Establishing emotional boundaries has been shown to reduce stress and anxiety levels.

Time Boundaries

Time boundaries are about managing your time so you don't get overloaded by others' demands. It's okay to say no when you need time for yourself or have other priorities. Setting time boundaries helps you stay focused, avoid burnout, and make sure your time is spent on what truly matters to you.



What Science Says: Research indicates that managing time effectively reduces stress and increases productivity.

Intellectual Boundaries

Intellectual boundaries protect your thoughts, ideas, and opinions from being dismissed or disrespected by others. It's important to stand up for what you believe in and not let anyone make you feel bad for having your own viewpoint. Setting intellectual boundaries helps you stay confident in your beliefs and ensures that your ideas are treated with the respect they deserve.



What Science Says: Respecting intellectual boundaries promotes open-mindedness and reduces conflict.

Material Boundaries

Material boundaries are about taking care of your belongings and deciding what you're comfortable sharing with others. It's okay to say no if you don't want to lend something or if someone isn't respecting your things. Setting material boundaries helps you protect what's yours and ensures that others respect your property.



What Science Says: Setting material boundaries prevents conflicts and helps maintain trust in relationships.

Turn & Talk Concept Checks

- How can recognizing and respecting your physical limits help you feel safer and more comfortable in your relationships, and why is it important to communicate these boundaries clearly to others?
- How does setting emotional boundaries protect your mental well-being, and in what ways can identifying your emotional triggers help you maintain healthier connections with others?
- **Time Boundaries:** Why is it important to set limits on how you spend your time, and how can prioritizing your own needs help you balance responsibilities and prevent burnout?
- How can establishing clear boundaries around your belongings and ideas foster mutual respect, and in what ways might these boundaries encourage others to value your contributions more thoughtfully?



Consolidate

Briefly discuss the main takeaways of the last section.





Break

Partner Work

Work with a partner to determine if the scenarios on the following slides are examples of healthy or violated boundaries.



Beneficial or Broken?

A person declines a coworker's invitation for a friendly hug, explaining, "I'm not really a hugger, but I appreciate the offer." The coworker hesitates for a moment, then smiles and says, "No problem." Although the interaction feels slightly awkward at first, they both continue their conversation without issue. Later, the coworker starts greeting them with a simple wave or verbal acknowledgment, which gradually feels more natural for both parties.



Beneficial or Broken?

A person declines a coworker's invitation for a friendly hug, explaining, "I'm not a huggable person, but I appreciate your concern." The coworker hesitates for a moment, then smiles and says, "No problem." Although the interaction is slightly awkward at first, they continue their conversation. Later, the coworker greets them with a simple nod and acknowledgment, which gradually feels more natural for both parties.

BENEFICIAL PHYSICAL BOUNDARY



Beneficial or Broken?

During a group discussion, someone confidently interrupts another person's explanation, saying, "That's not how it works," without allowing them to finish their point. The interrupted person feels dismissed and frustrated, questioning whether their ideas are valued in the conversation.



Beneficial or Broken?

During a group discussion, someone confidently interrupts another's explanation, saying not how to do it but allowing the speaker to finish their point. The interrupter feels dismissed and frustrated, whether their ideas are valued in the conversation.

**BROKEN
INTELLECTUAL
BOUNDARY**



Beneficial or Broken?

During a vulnerable conversation, a person shares their struggles with a close friend, only to have the friend dismiss their feelings by saying, “You’re overreacting, it’s not that big of a deal.” The dismissal leaves them feeling invalidated and reluctant to share personal issues in the future, creating a sense of distance in the friendship.



Beneficial or Broken?

During a vulnerable conversation, a person shares their struggles with a friend, only to have the friend dismiss the concerns. The friend says, "You're overreacting" or "That's a big of..." The dismissal leads to the person feeling invalidated and reluctant to share personal issues in the future, creating a sense of distance in the friendship.

BROKEN EMOTIONAL BOUNDARY



Beneficial or Broken?

A person lends their friend a new book, emphasizing that they'd like it returned in good condition. When they get it back, the book is dog-eared and stained. Although the friend laughs it off, saying, "It's just a book," the person feels disrespected and hesitant to lend anything again in the future.



Beneficial or Broken?

A person lends their friend a new book, emphasizing they'd like it returned in good condition. When the book is returned, the book is stained and damaged. Although the lender laughs it off, saying "it's just a book," the person who lent the book feels disrespected and decides not to lend anything again in the future.

**BROKEN
MATERIAL
BOUNDARY**



Beneficial or Broken?

During a conversation, someone says to their close friend, “I want to support you, but I need a little space to recharge right now. Let’s catch up later this week.” The friend pauses, looking a bit disappointed, but eventually agrees, saying, “Okay, I understand.” Over the next few days, the person takes time for self-care and reflection. When they reconnect, both feel more refreshed and able to engage meaningfully in the conversation, without any lingering tension from the previous interaction.



Beneficial or Broken?

During a conversation, someone says to their close friend, "I want to support you, but I need to take a break right now. Let's talk again next week." The friend feels disappointed and says, "Okay." Over the next few days, the friend goes to work for self-care and then returns to reconnect, but the friend is not able to enter the conversation, without any lingering tension from the previous interaction.

BENEFICIAL EMOTIONAL BOUNDARY



Beneficial or Broken?

A person receives a last-minute request from a colleague to help with an urgent project. They respond, “I’d love to help, but I’m already committed to other tasks today. Maybe we can plan ahead next time?” The colleague sighs but nods, saying, “I get it; I’ll figure something out.” Although the colleague initially seems a little frustrated, they manage to resolve the issue on their own. Over time, they start giving more advance notice for future requests, leading to more collaborative and less stressful interactions.



Beneficial or Broken?

A person receives a last-minute request from a colleague to help with an urgent project. They respond, "I can't help you today, but I'm already busy with my own work today. Maybe you can help me with your work next time?" The colleague signs off without saying, "I get it; I'll figure something out." Although the colleague in the end seems a little frustrated, they manage to resolve the issue. Over time, as they start giving advice on how to handle future requests, the interactions become collaborative and less stressful.

**BENEFICIAL
TIME
BOUNDARY**



Guided Practice:

A person in recovery's partner just received a promotion at work and is throwing a party to celebrate. They insist on having alcohol present even though the partner is nervous they will relapse.



Guided Practice:

- **Identifying the Violated Boundary:** (The boundaries being violated here are physical and emotional, as the presence of alcohol at the party creates a risk for the person in recovery's well-being and sobriety.)
- **Suggestion for Establishing a New Boundary:** (The person in recovery can set a boundary by expressing their need for an alcohol-free environment at gatherings they attend. They might also decide to step away from situations where alcohol is present to protect their recovery.)
- **Communicating the New Boundary:** ("I understand you want to celebrate your promotion, and I'm happy for you. However, I'm not comfortable being around alcohol right now as it could jeopardize my recovery. I need our celebrations to be alcohol-free, or I'll have to sit this one out.")



Small Group Work

Form small groups of 3-5 people. Review the scenarios on the upcoming slides to identify the violated boundary, suggest a new boundary, and the best way to communicate it assertively.



Scenario 1

A person in recovery from gambling addiction gets invited to a casual poker night with friends. Despite knowing their history, the host insists, “It’s just for fun—no big stakes.” The person feels pressured to join, worried about disappointing their friends.



1. Identify the violated boundary.

2. Establish a new, healthy boundary.

3. Communicate the new boundary.

Scenario 2

A colleague regularly stops by another employee's desk during lunch breaks, asking for help with unfinished tasks. The employee has mentioned being busy with their own work but feels unable to say no without damaging their professional relationship.



1. Identify the violated boundary.

2. Establish a new, healthy boundary.

3. Communicate the new boundary.

Scenario 3

At a family gathering, someone recovering from substance use is offered a drink by a relative who says, "One won't hurt, right? You've been doing great." The person hesitates, feeling caught between wanting to fit in and protecting their sobriety.



1. Identify the violated boundary.

2. Establish a new, healthy boundary.

3. Communicate the new boundary.

Scenario 4

One partner frequently checks the other's phone without permission, saying, "I just want to make sure everything's okay between us." The other partner feels their privacy is being violated but hasn't spoken up about their discomfort.



1. Identify the violated boundary.

2. Establish a new, healthy boundary.

3. Communicate the new boundary.

Consolidate

Briefly discuss the main takeaways of the last section.





Break



Skill Practice

"The more you practice, the better you become." - Unknown



Recovery Coping Skills

Mindfulness and Meditation
Exercise and Physical Activity
Support Groups and Therapy
Journaling
Deep Breathing Exercises
Engaging in Hobbies
Positive Self-Talk
Time Management
Healthy Sleep Habits
Seeking Social Supports
Creative Expression
Playing the Tape Through
Progressive Muscle Relaxation
Limiting Exposure to Triggers

Socializing
Practicing Gratitude
Engaging in Nature
Mindful Eating
Visualization
Volunteering
Setting Boundaries
Self-Soothing/Relaxation
Identifying Cognitive Distortions
Distraction Techniques
Cognitive Restructuring
SMART Goal Setting
Breaking Down Goals
Professional Supports

Individual to Mingle

Individual: On Pages 47-48 of the Workbook, identify two boundaries you would like to improve, explain why, and write your plan to communicate the new boundaries.



Mingle: Discuss your work with two other group members to give and receive feedback, making revisions if necessary.



Role-Play Mingle

Find a partner to role-play the boundaries you created. Partners can react differently to the communication (accepting, resisting, negotiating, etc.) to make the role play as realistic as possible.

Once both partners finish, find a new partner and begin again.



Consolidate

Briefly discuss the main takeaways of the last section.



Wrap!

01

Summarize Key Points.

02

Connection to Life Statement.

03

Circle of Appreciation.

04

Continued Practice: Communicate your new boundaries and reflect on the experience.

Workbook Page 48

