



PLANNING A BOUNDARY REQUEST



SMART
Family & Friends

Using the Boundary Request Formula (Inform, Request, Inform), plan a boundary request for each of the following scenarios:

1. When my Loved One (LO) is actively engaged with her addiction, she is disagreeable and unpleasant to be around — or she's passed out. In response, I waver between anger, despair, and sadness.
2. When my LO is actively engaged with his addiction, he often fails to show up for things we have planned and sometimes disappears for hours (or days) at a time. In response, I feel frustrated and hurt at his disrespectful behaviors.
3. When my LO is actively using, he sometimes steals from me. In response I feel angry and also sad, knowing that he cannot be trusted.
4. I wish my wife did not drink so much when I am at work. I know she sometimes drinks until she's passed out. I am scared that she cannot wake up when the baby is crying or that my older child will not be able to wake her and will think that she is dead. I wish she would not drink when she's alone with our children.

