NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Setting Boundaries

A boundary states what you can or cannot do. Prepare simple words and a practical next step before a difficult situation.

Type in the boxes using a PDF reader such as Adobe Acrobat, or print and write by hand. Your answers stay on your device; nothing is sent to NewLeaf Pathways.

Scripts you can adapt

When offered a drink or substance: "Not for me, but thanks."

When someone challenges your no: "I hear you, and my answer is still no."

When you need to leave: "I need to go. I will reach out later."

When a conversation becomes a trigger: "I want to talk about this, but not right now."

When family minimizes your recovery: "This matters to me, even if it is hard for you to hear."

State it, keep it brief, follow through

Say what you will or will not do. You can keep the explanation short. Decide in advance what you will do if the boundary is not respected.

Write your own

The person or situation:

What I will say:

What I will do if there is pushback:

Support when you need it

911
Immediate danger

988
Call or text for crisis support, 24/7

1-800-662-4357
SAMHSA treatment referral, 24/7