

RelapsePreventionPlan.net Boundary Setting Plan

Self Care Boundaries

Areas of Self care in your life include:

- self respect
- healthy life style
- value based spiritual growth
- continual search to improve and test personal knowledge

* Pay particular attention to relationships that may require boundaries in all four areas of physical, emotional, intellectual or spiritual.

Physical: staying physically safe from actual physical or potential harm	Enforce Boundaries: Words or actions to enforce boundaries
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Emotional: keeping myself emotionally safe from actual or potential verbal, non verbal and emotional harm	Enforce Boundaries: Words or actions to enforce boundaries
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* Pay particular attention to relationships that may require boundaries in all four areas of physical, emotional, intellectual or spiritual.

Intellectual: keeping myself intellectually safe from ideas and values that are not based on own rational information and evidence	Enforce Boundaries: Words or actions to enforce boundaries
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Spiritual: keeping myself spiritually safe from actions and potential actions that would go against my core values and beliefs	Enforce Boundaries: Words or actions to enforce boundaries
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