My Boundaries

> *"Everything has two handles: one by which it may be borne, another by which it cannot. If your brother acts unjustly, do not lay hold on the affair by the handle of his injustice, for by that it cannot be borne."*

Epictetus, Enchiridion 43 (tr. Higginson)

A boundary describes what you will do, not what they must do. "You must stop" cannot be enforced; "I won't get in the car if you've been drinking" can. Only write boundaries you are ready to keep.

Not mine to control

Their drinking, their choices, their moods.

Mine

My words, my boundaries, my support, my evenings.

MY BOUNDARY (WHAT I WILL DO)	IF IT IS CROSSED, I WILL…	SUPPORT I NEED TO KEEP IT

Support for me

Al-Anon (al-anonuk.org.uk) · Adfam (adfam.org.uk) · Nacoa 0800 358 3456 (anyone affected by a parent's drinking) · my GP

If you are afraid for your safety: 999 (UK) or 911 (US). UK National Domestic Abuse Helpline 0808 2000 247.

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)