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.

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Talking to Someone Who Drinks

> *"Consider that a good disposition is invincible if it be genuine, and not an affected smile and acting a part."*
>
> Marcus Aurelius, Meditations 11.18 (tr. Long)

Pick a calm, sober moment. Describe, do not diagnose. Say how it affects you, keep it short, and expect that they may not agree the first time. You may need to have this conversation more than once.

Before I start

- [ ] They are sober and not hungover
- [ ] We are somewhere private and calm
- [ ] I am calm enough to listen
- [ ] I have information about support ready

What I have seen - specific, factual

"You fell asleep at the table three times this week." Not "you're an alcoholic".

How it affects me

"I feel frightened when..."

What I am asking for

If they deny it or get angry, I will...

Afterwards, I will look after myself by...

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