

Individual's Boundary Guidelines

It is OK and acceptable to...

Be patient and tolerant. Each of us are at our own level of growth ~ acceptance ~ "Live and Let Live"

Share positive attitudes and feelings towards others

Recognize achievements and growth in others

Share your program and LISTEN to others

Have personal quiet times and privacy

Laugh at your own mistakes

Do unto others, as you would like them to do unto you

It is NOT ok to...

Verbally attack another person, by either raising your voice or making sarcastic remarks towards that person

Put another person down. Expression of inappropriate criticism towards a person's moral behavior, appearance, clothes, friends, etc. is not acceptable

Take someone else's inventory, unless you are concerned that the person is exhibiting relapse behavior

Shame or frighten any us by crossing the boundaries we have set for ourselves

Place blame on someone else for your behavior or feelings. We must take responsibility for our own actions and feelings

Throw objects, slam doors, stomp around, call names, or physically attack in anger. Raging out of control frightens and traumatizes everyone around you and is not acceptable

Isolate

Hold resentments towards house members, which causes communication breaks and/or tension and disruptive behavior in house members. (If the person directly involved cannot resolve personal conflicts, the conflicts should be brought up to the house as a whole)

Attempt to manipulate or control others to meet your expectations through gossip, aggression, or self-justification