



GETTING SQUARED AWAY
RECOVERY ACADEMY™

RECOVERY CONVERSATION 23

BOUNDARIES ARE NOT PUNISHMENT

YOUR RECOVERY TOOL

*Use this tool after watching Episode 23. There are no perfect answers.
The purpose is awareness, reflection, and one intentional next step.*

1 THE SQUARED AWAY RECOVERY CHECKPOINT™

Where am I right now?

Think about one important relationship. How difficult is it for you to accept or maintain healthy boundaries in that relationship right now?

Not Difficult 1 2 3 4 5 Very Difficult

One boundary that has been difficult for me is:

2 THE SQUARED AWAY RECOVERY COMPASS™

Which direction am I moving?

When I encounter a boundary I do not like, where do I tend to move?

☐ Pushing against it ☐ Withdrawing ☐ Responding with respect

What would moving toward respect, responsibility, and healthy connection look like today?

3 THE SQUARED AWAY RECOVERY JOURNAL™

What do I need to understand?

1. WHAT IS IT PROTECTING? - What might this boundary be protecting - safety, trust, finances, children, recovery, or emotional well-being?

2. HOW AM I RESPONDING? - How have I been reacting to this boundary, and what would a healthier response look like?

4 THIS WEEK'S MISSION™

What will I actually do?

This week, practice respecting one healthy boundary - yours or someone else's - without turning it into a fight, punishment, or rejection.

The boundary I will practice respecting is:

One action I will take to respect or maintain it is:

MISSION TRACKER

Did I respect or maintain my chosen healthy boundary today?

MON TUE WED THU FRI SAT SUN

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY REFLECTION:

What changed when I treated a boundary as protection rather than punishment?

GO DEEPER

The Squared Away Recovery Checkpoint™, Recovery Compass™, Recovery Journal™, and This Week's Mission™ are recurring tools in the Getting Squared Away approach.

In Getting Squared Away: Rebuilding the Whole Person After Addiction - and in future companion workbook materials - you will find expanded exercises for healthy boundaries, emotional safety, personal responsibility, mutual respect, communication, and rebuilding relationships without control or rescuing.

Understanding is the first step. Application is where change happens.

BOUNDARIES ARE NOT PUNISHMENT. THEY HELP MAKE HEALTHY RELATIONSHIPS POSSIBLE.

IMPORTANT: This tool is for educational and personal reflection purposes only. It does not replace professional medical, psychological, or therapeutic advice. If you are in the U.S. and in crisis, call or text 988. If you are in immediate danger, call 911 or go to the nearest emergency department.

You are not alone. RECOVERY IS POSSIBLE.

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