



Boundaries in Recovery

- **Description:** A group focused on helping clients understand the importance of setting and maintaining healthy boundaries in relationships.

- **Instructions:**

- **Introduction (10 minutes):** Explain what boundaries are and why they are essential in recovery. Discuss the difference between healthy, rigid, and porous boundaries.

- **Boundary Mapping (30 minutes):** Provide a worksheet where clients can map out their current boundaries in various areas of life (e.g., family, work, friends). Discuss where their boundaries might be too rigid or too loose.

- **Interactive Activity (30 minutes):** Use a hula hoop or rope to physically demonstrate boundaries. Have clients step inside the hoop and practice saying "no" or setting a boundary with someone outside the hoop.

- **Role-Playing (20 minutes):** Conduct role-play scenarios where clients practice setting boundaries in challenging situations.

- **Reflection (10 minutes):** Discuss the importance of maintaining boundaries and how it contributes to a healthier recovery.

- **Facilitator Role:** Educate on boundaries, guide the boundary mapping and interactive activity, and facilitate role-plays.

- **Client Role:** Reflect on their current boundaries, engage in the interactive exercise, and practice setting boundaries in role-play scenarios.