Communication & Boundaries

What respectful support looks like

A boundary describes what you will do to care for yourself, rather than control another person.

Name / initials (optional): _____ Date: _____

What helps me feel respected

What does not feel okay for me

A boundary I want to communicate

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.

Communication & Boundaries

Words I can use

Try: "I need time before I respond" or "I can talk when we are both speaking respectfully."

Name / initials (optional): _____ Date: _____

My own words for communicating this boundary

Who can support me with this boundary

What I will do if the boundary is not respected

A time to review how the conversation went

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.