

Fellowship Feedback for COSA Recovery Workbook

April 16-June 26, 2025

[Feedback Form](#)

Boundaries

1. Describe examples of boundaries that create safety for you. What is your definition of boundaries? In what ways do they keep you safe?
2. How can setting a healthy boundary honor what is right and true for you? Help you live your life more effectively? Help you find your voice? Help with your self-esteem?
3. **Personal Values Exercise.** Make a list of personal values or the moral code you wish to uphold in your own behavior, as well as in the way you allow others to interact with you. If you have completed Steps Four and Five, you may wish to review your inventory list. How does this list of personal values help you determine beneficial boundaries? How will your values help you maintain your boundaries? Or how will setting boundaries allow you to live in accordance with your personal values?
4. List ways in which boundaries can help you with self-care, sobriety, and serenity.

Boundary	How this will improve my self-care	How this will help my sobriety	How this will bring me serenity

5. Write about a situation in which you experienced increased trust and better communication after you set a boundary. This can either be a boundary you set with someone else or that you set for your own behavior.
6. If you have not experienced this, write about a situation in which you have felt discomfort, then identify a boundary you might consider setting, and consider how that might lead to an improved relationship or situation. Do you agree that boundaries can foster greater intimacy?
7. What role does trust play in boundary setting? List strategies you can use to develop trust or to help you to set a boundary if you don't trust.

8. Are there times when a boundary needs to be a wall? When might such a strict boundary be courageous and protective, as opposed to being isolating or avoidant? Might such a boundary have the potential to become more flexible over time? Have you ever experienced a diminishing need for a boundary?
9. How can you determine if you are setting healthy boundaries, rather than using boundaries to try to control someone else's behaviors? What questions can you ask yourself to help make this determination?
10. What were you taught about boundaries when you were growing up? Were your boundaries disrespected? Did you observe others being taken advantage of because of weak boundaries? Did you observe others who were scorned as selfish for setting boundaries?
11. In what ways do you struggle with setting boundaries? Identify the issues you struggle with and ideas that might help you become more comfortable with setting boundaries. If you fear that a relationship may change, how can your Higher Power and recovery friends support you through this time?
12. **Worthy of Boundaries Exercise.** "I have the right to say no, and I am worthy." Write this sentence at the top of a piece of paper, and then list the reasons why, using "I am" at the beginning of each item. Reach out to recovery friends if you need help with affirmations or visualizing your healthiest self.
13. **Boundaries visualization.** Choose your favorite art medium (paint, markers, clay, etc.) and create a representation of yourself protected by a variety of boundaries (e.g., anonymity in meetings, saying No, sexual behaviors). Or draw yourself on one side of a "line in the sand" and list or illustrate unhealthy/unsafe situations and behaviors on the other side of your boundary line.
14. **Boundary Setting Exercise.** Are there any boundaries that you would like to set?? Pick one of them to work with.
 - What can you do to prepare yourself for setting this boundary?
 - If you have trouble setting a boundary, consider scaling back. Choose a smaller, easier issue.
 - Write about the issue. Write about how it is harming you when you do not have a boundary set around it. Listen to your inner voice and notice how your body reacts when you think about this issue.
 - Write the boundary you'd like to set that will help you feel safe, loved, and free. Who is involved (in addition to yourself)?
 - Write how to set/enact that boundary.
 - Is there a prayer you can say before setting the boundary?
 - After you have set the boundary, record the impact on yourself and others.

15. **Boundaries Prayer Exercise:** You might find it helpful to write a prayer if you are struggling with either setting or maintaining a boundary. Write your own individual prayer. You may choose to use this example to help you:

Higher Power, please give me the clarity, strength, and the wisdom I need to keep myself safe and honored. I have the right, as well as the responsibility, to take care of myself. Guide me to hear my truth and my inner voice so I can both determine what is right and true for me, and to be able to clearly communicate my needs. Please help me focus on my own sobriety and serenity, and to let go of trying to control others. Please help me remember that "no" is a complete sentence and that I have the right to say it. Remind me that I deserve self-respect as well as respect from others. I am worthy of giving myself the care I need to feel safe and secure.

DRAFT