

8 Reasons Why Setting Boundaries Are Important In Addiction Recovery

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As you work on getting healthier in recovery, you also have to work on rebuilding your interpersonal relationships.

Part of learning to do things anew includes learning how to set healthy boundaries. Boundaries are limits that you set to guide relationships while ensuring that you stay safe. You can delineate physical, emotional, or financial boundaries.

While they may be uncomfortable to set, boundaries are important for those in recovery. They help you:

Become attuned to your needs

Learning to say no can be difficult especially if you're not used to it. However, setting boundaries helps you learn to articulate and prioritize your needs and wants while recognizing that they're just as important as anyone else's.

Resist temptation

In recovery, people, places, and even objects from your past can be triggers. Being honest about who you can hang out with or what you can do helps you grow and keeps you from relapsing.

Build healthy relationships

Healthy boundaries are a cornerstone of healthy relationships. They show respect and regard for both your and other people's feelings. Boundaries help guide your behavior while letting others know how to treat you.

Feel respected and safe

Boundaries help protect you physically and emotionally. Knowing what's acceptable in your life and articulating this to others can keep you from being hurt or ending up in terrible situations.

Develop a sense of control

Being clear on how you want to be treated and communicating this to others makes you feel assertive and in control over your life. It shows that you respect yourself and won't be a pushover or doormat.

Gain a sense of self-worth

It's common to struggle with feelings of low self-esteem in recovery. As you create a new healthier identity, setting boundaries to reflect your new self can boost your self-worth and confidence.

Learn self-care

Setting healthy boundaries is a crucial step in taking care of your mental, emotional, and physical health. It shows that you respect yourself enough not to do certain things or blindly follow others.

Avoid burdening yourself

Sometimes people take advantage of those struggling with addiction, borrowing money from them or coercing them to do things they're uncomfortable with. Setting boundaries put a stop to this, saving you from having to deal with additional issues.

We're Here to Help

Winning the battle against addiction can be challenging unless you have the right help. The [Grand Falls Center for Recovery](#) can provide that help. [Based in Missouri](#), we provide a client-focused approach to addiction treatment.

Our [addiction treatment programs](#) include detox, inpatient or residential treatment, dual diagnosis, and aftercare. Our goal is to give [all our clients](#) safe and comfortable [drug and alcohol treatment](#) that will help them go on to long-term sobriety and recovery.

If you or a loved one is struggling with addiction, get in touch with us today and we'll be glad to help.

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