



Determining my boundaries

BEHAVIOUR OF A PERSON WITH A SUBSTANCE USE PROBLEM

Fill in some situations in each of the columns to help determine what you will and will not tolerate. Everyone has different limits and is in a different situation, so use the examples only as a guide, not as a prescription about what you should or should not tolerate.

I WILL TOLERATE . . .	I AM UNSURE IF I WILL TOLERATE . . .	I WILL NOT TOLERATE . . .
<p>Example: My partner calling me when high, if it is to tell me that he will not be coming home tonight</p> <p>Example: My daughter calling me for a ride when intoxicated</p>	<p>Example: My sister using my car to get to substance use treatment</p> <p>Example: My partner using drugs in the house</p>	<p>Example: My father drinking at holiday dinners</p> <p>Example: My son losing his temper and damaging my home</p>