

Track 2: Module 2

Suburban Shift

Boundaries & Dynamics



Drawing the Line: Boundaries & Family Survival

Addiction thrives in blurred lines. Families often believe they're helping, but without boundaries they're feeding the very thing that's destroying them. This module will show you how to reclaim your power, protect yourself, and give your loved one the only chance at real change.

“I thought protecting them meant saving them. But all I did was protect the addiction.”

Module 2:

Boundaries & Dynamics

- What healthy boundaries really are (and aren't)
- How addiction warps family roles and dynamics
- The difference between support and enabling
- How your profile struggles with boundaries
- First steps to build boundaries that stick



What Boundaries Really Are

- A boundary is a **limit you set on your own behavior**, not a rule you try to impose on someone else.
- They protect your **sanity, safety, and dignity** when addiction erodes everything else.
- Without boundaries: the home becomes lawless, the addict dictates terms, and you live in chaos.
- With boundaries: you create clarity – no control – and you stop fueling the cycle.
- Boundaries are not rejection. They are the first real sign of love that refuses to enable destruction.

Reflection: Write down one behavior you swore you'd never tolerate but now do. Why has the line faded?



How Addiction Warps Families

- Addiction is a **family disease** – it requires everyone’s roles, not just the users.
- Parents become Protectors or Deniers, partners become Fixers, siblings become Rationalizers.
- The result? The family system orbits around the addiction like planets around the sun.
- This dynamic is why families often feel just as “sick” as the addict – sleepless nights, financial ruin, anxiety, depression.
- Boundaries don’t just help the addict – they stop the disease from consuming everyone else.



Fact: Studies show families of addict’s experience health declines (cardiac risk, immune suppression) on par with trauma victims – proving addiction’s toll is systemic.

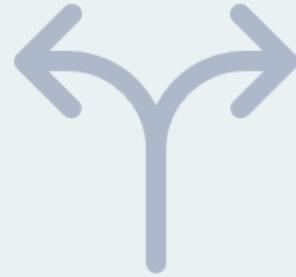
Enabling vs Support



- **Enabling** is anything that shields the addict from consequences – money, lies, bailouts, excuses.
- **Support** is care that does not remove responsibility – love, resources, listening, safe space.
- Enabling feels like protection but functions as gasoline on the fire.
- Support feels harder in the short-term, but it forces reality to surface.
- The difference: **enabling saves the addiction, support saves you.**

Reflection: Think of the last time you “helped” – did it protect them, or the addiction? Be honest.

The Future Snapshot



Where The Pattern Leads

No Boundaries: Endless chaos, financial collapse, destroyed trust.

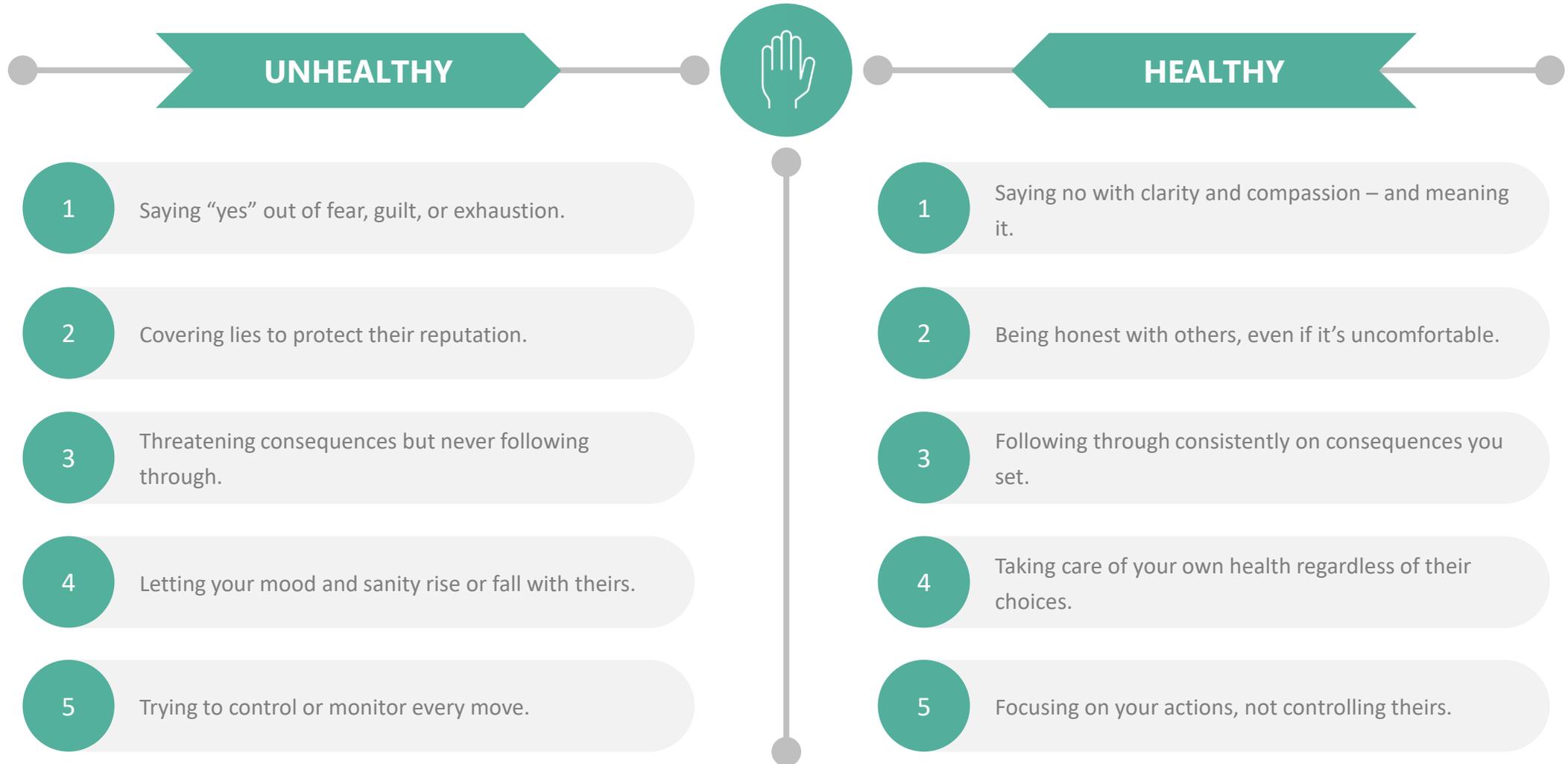
Rigid, Punishing Boundaries: Estrangement, anger, cutoff relationships.

Balanced Boundaries: A chance for healing and survival, whether or not they recover.

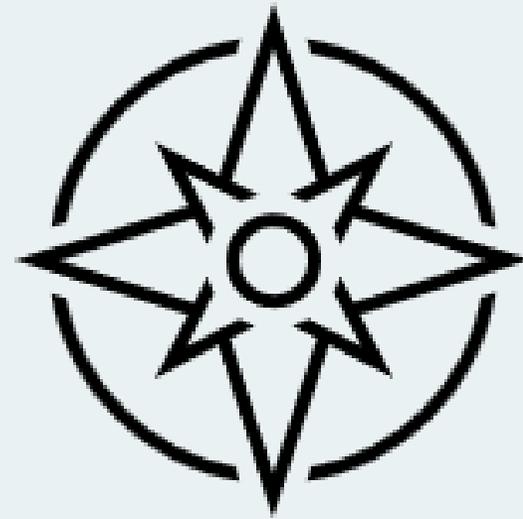
Boundaries don't push them away. Addiction does. Boundaries protect you until *they* are ready.

BOUNDARIES IN ACTION

EXAMPLES

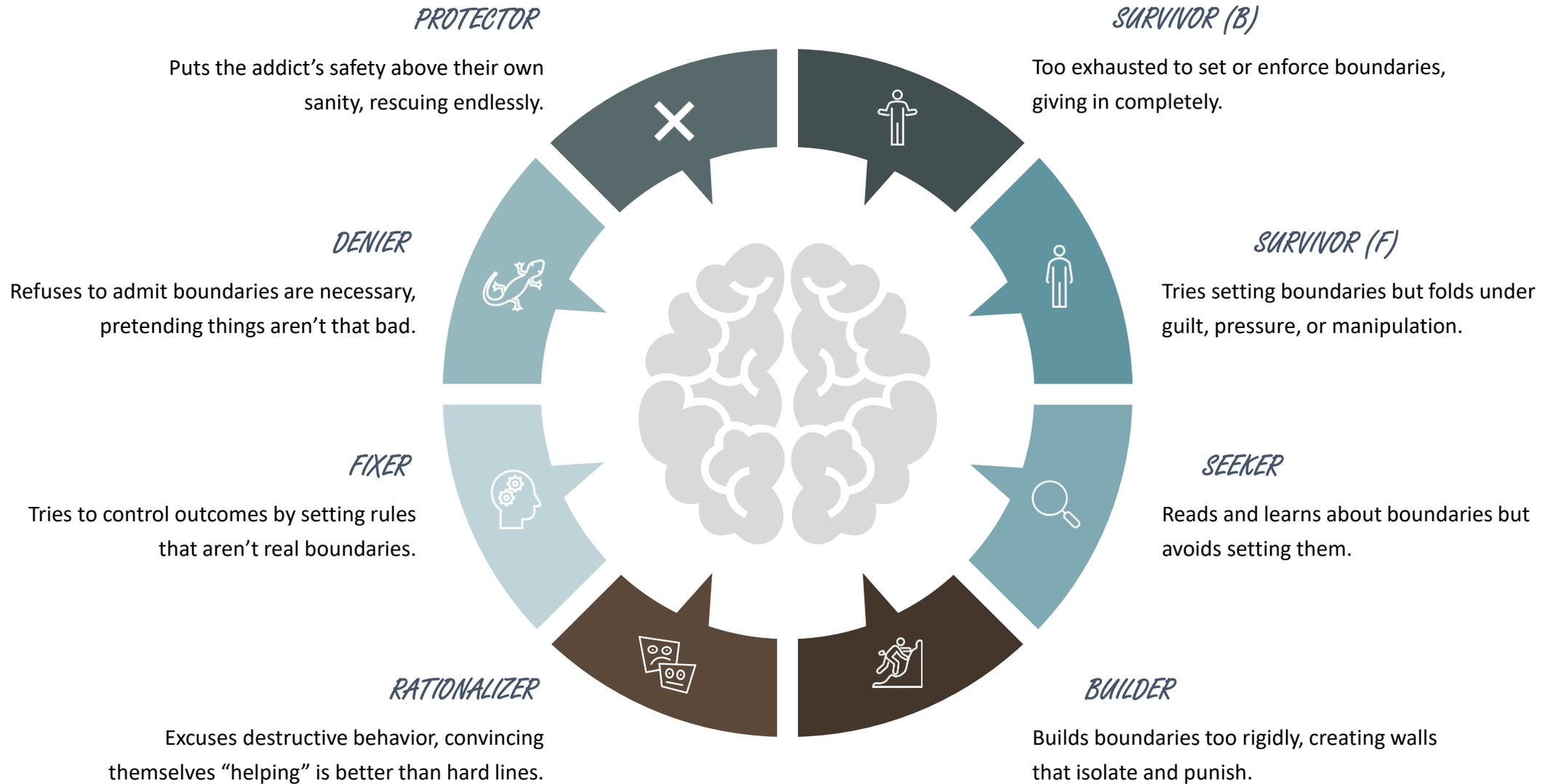


Recovery Compass



PATTERN TRAPS

BY PROFILE



INTERRUPTION MOVES

How to Break YOUR Loop

PROTECTOR

Stop rescuing one time this week. Let consequences land instead of shielding them.

DENIER

Say aloud: "This is addiction, and it needs boundaries." Truth weakens denial.

FIXER

Rewrite one "rule" into a boundary about your behavior, not theirs.

RATIONALIZER

Replace one excuse with a clear boundary statement. Excuses protect addiction.



Take time to rest, then set one small boundary you can actually hold.

SURVIVOR (B)

Choose one boundary and practice holding it, even under feelings of guilt.

SURVIVOR (F)

Test one boundary concept in real life this week. Action proves progress.

SEEKER

Write your last slip in detail. Pride hides patterns – humility breaks them.

BUILDER

You already know your profile, now it's time to interrupt the exact loops that keep you stuck. Breaking patterns means breaking habits that have owned you for too long.

Recovery Compass

Profile Actions – Module 2

<i>The Protector</i>	<i>The Denier</i>	<i>The Fixer</i>	<i>The Rationalizer</i>
Say no once this week. Love means refusing to protect the addiction, even if it feels harsh.	Say the words: “This is addiction.” Naming it is the first real step toward boundaries.	Turn one “rule” into a boundary. Stop writing ultimatums you can’t enforce — set limits on your behavior instead.	Write down your last excuse. Then rewrite it as a boundary — truth instead of rationalization.
Stop cleaning up one mess. Let the fallout happen so they feel the weight of their choices.	Admit one boundary you’ve avoided. Denial hides the lines you know you should set.	Stop micromanaging one situation. Controlling everything exhausts you and shields them from reality.	Say one hard line aloud. Excuses evaporate when you replace them with clear commitments.
List the cost of rescuing. Write down what it’s stolen from you — time, money, health.	Tell one trusted person the truth. Breaking silence shatters denial’s strongest weapon.	Practice stepping back. Let them feel consequences without you orchestrating the outcome.	Call yourself out once this week. When you catch yourself rationalizing, stop mid-sentence and set the line instead.

<i>The Survivor (Burned Out)</i>	<i>The Survivor (Still Fighting)</i>	<i>The Seeker</i>	<i>The Builder</i>
Set one small, doable boundary. Consistency beats exhaustion — one step you can actually hold matters more than ten promises.	Pick one boundary you already know you need. Write it down, short and clear.	Test one boundary this week. Don’t just read about it — try it in real life.	Review one rigid boundary. Ask: does this protect, or punish? Adjust if needed.
Protect your energy first. Rest before responding so you have the strength to enforce your limit.	Practice holding it under pressure. Guilt will test you, but staying firm breaks the cycle.	Reflect on what happened. Did it work? Did you fold? Either way, you’re learning.	Add compassion to one line. Strength without warmth risks building walls that isolate.
Ask for help enforcing. Boundaries held with support stick longer than ones you carry alone.	Celebrate holding the line once. Prove to yourself you can stand strong without caving.	Act before researching more. Boundaries don’t live in theory — they live in practice.	Stay open to feedback. Healthy boundaries protect without cutting off connection completely.

Next Module: **Supporting Change**

Boundaries keep you safe, but they're only the beginning. In the next module, we'll explore how to stand beside your loved one as they fight for change – without being dragged under yourself.

- Learn how to support recovery without slipping back into enabling.
- Understand what real help looks like – and what it doesn't.
- Discover how to build a healthier relationship, even if they resist or relapse.



Thank You

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