

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

BOUNDARY DECLARATION FORMULA

Step 1 Get clear with yourself first.

I don't like it when _____

It's not ok with me when _____

I am ok with _____

What I want instead _____

I am ok with _____

This is important to me because _____

(what is at stake, what is your life dream?)

What CAN I do about this situation? _____

What am I powerless to do about this? _____

In order to hold this line for myself, in the future, I will/won't _____

.....

Step 2 Formulate into Boundary Declaration

Using what you wrote above, fill out this declaration:

I will not accept/You may not _____

(Identify what is not ok.)

The reason why this matters is _____

(What is at stake for you? What are your life dreams? Is it because it hurts your feelings? Is it because it goes against your family values?)

In the future I will/won't _____
(What will you do, or not do, to hold this line for yourself in the future.)

Examples of Boundary Declarations:

"I will not accept when you turn the tables on me when I share a valid concern. It prevents connection and I feel alone. In the future, I will remind you once to please respond to the subject at hand, and then walk away from the conversation if you keep turning things back on me."

"It's not ok with me when you roll your eyes at something I say. Respect is important to me in relationships. Please say how you feel in a healthy way, or will disengage and we will be disconnected until there is repair."

"You may not yell at me. It's not what I want for this family culture. If you continue, I'll have to leave the room."

"I've decided to take all personal calls in the evening in order to get my work done, so I can't answer your calls at work anymore. I will need to call you later."

"Although this organization is important to me, I need to decline your request for volunteer help in order to honor my family's needs."

"It's not okay with me that you comment on my weight. Please don't do that again because it's hurtful. In the future, I will not answer you and I will leave the house for a day or two."

"I won't be able to wait to eat with you if you are more than 30 minutes late, because it's important to me to make use of my time in the evening at home with the kids. I will put the food in containers in the fridge for you when get home."

"I won't be lending you money anymore. I love you and I want to support you in taking responsibility for yourself."

"Even though I want to be a unified front with you, I will not be able to back you up when you call our son names, because it goes against my deepest values about our family culture. I will remind you gently when your voice gets raised, and if it continues, I will support our son in leaving the room until things calm down."