

# THE COUPLES CURE

## Miraculous Recovery for Couples on the Brink

### Sample Mantras for Boundaries

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- I allow others to handle their own problems out of respect for them and myself.
- I stay in my lane knowing even if I wanted to, I cannot fix what is not mine.
- As an adult, I have the right to choose what I participate in and what I don't at anytime. Others are free to choose their course of action as well.
- It is safe for me to have limits.
- I have the right to take care of myself.
- It is in my best interest of everyone around me when I honor my boundaries.
- Honoring my limits makes me stronger and more generous.
- Good, generous, and loving people set boundaries.
- I have a right to say "no" to others if it is an invasion of my space or a violation of my rights.
- I am worthy of having my own interests, hobbies, and outlets
- I allow others to have their feelings about my boundaries
- I hold my thoughts, emotions, and impulses to myself until I can act from my functional adult.
- I pause before I react even when it's difficult.
- I am ready, willing, and able to contain my reactions out of respect for myself and my loved ones.