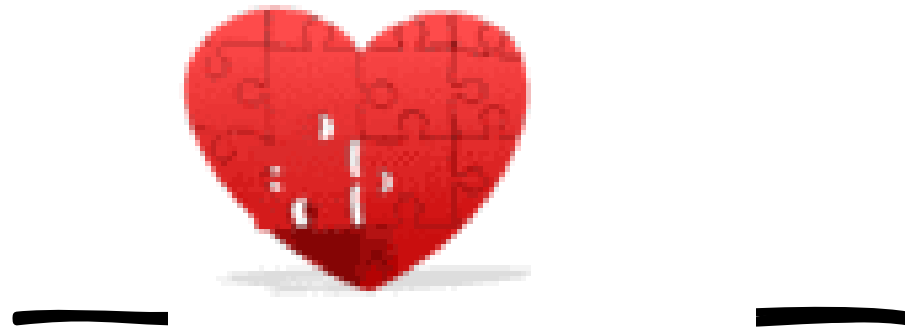




By: Don Gilbert MS, PhD, LMHC, BCPC CISM-1
President/CEO New Life Counseling PC



BOUNDARIES IN REALATIONSHIPS:

The Impact of Substance use and Abuse.

DEFINITION OF SUBSTANCE USE AND ABUSE

1. Substance Use:

2. Substance Abuse:

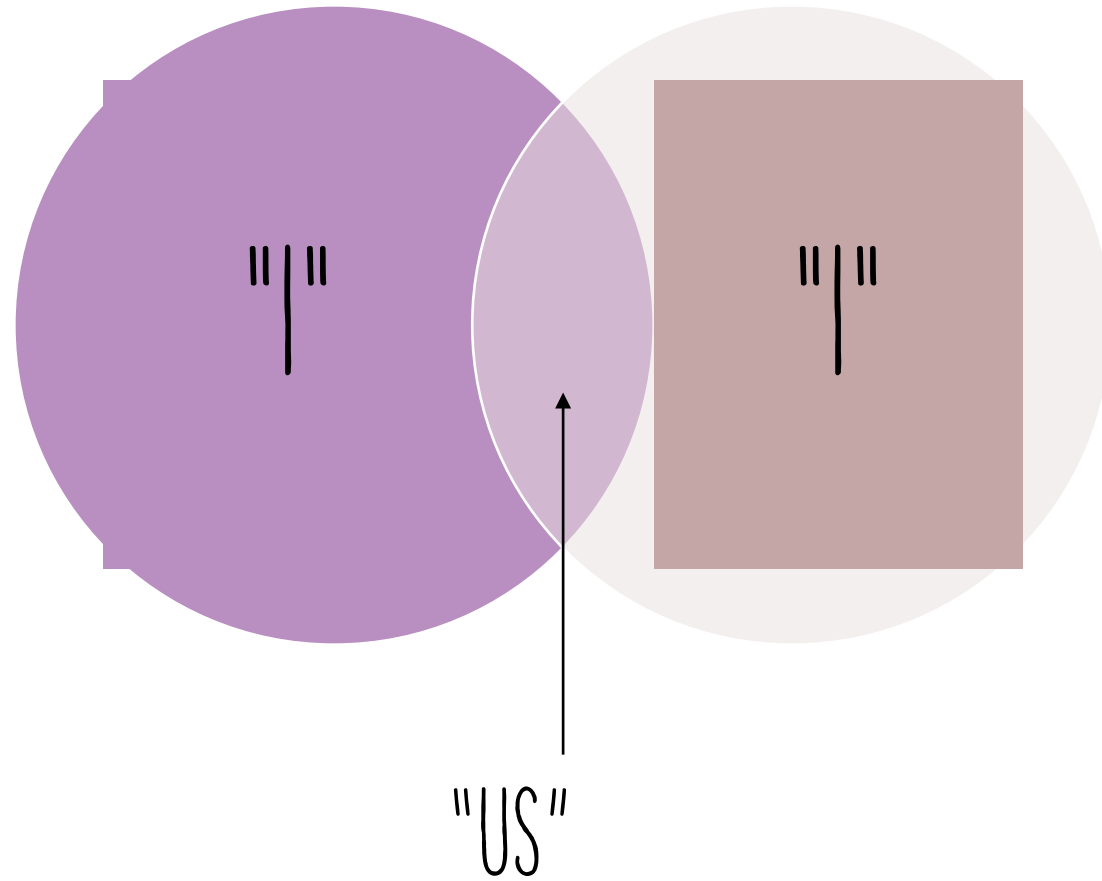
3. Substance Use Disorder (SUD):



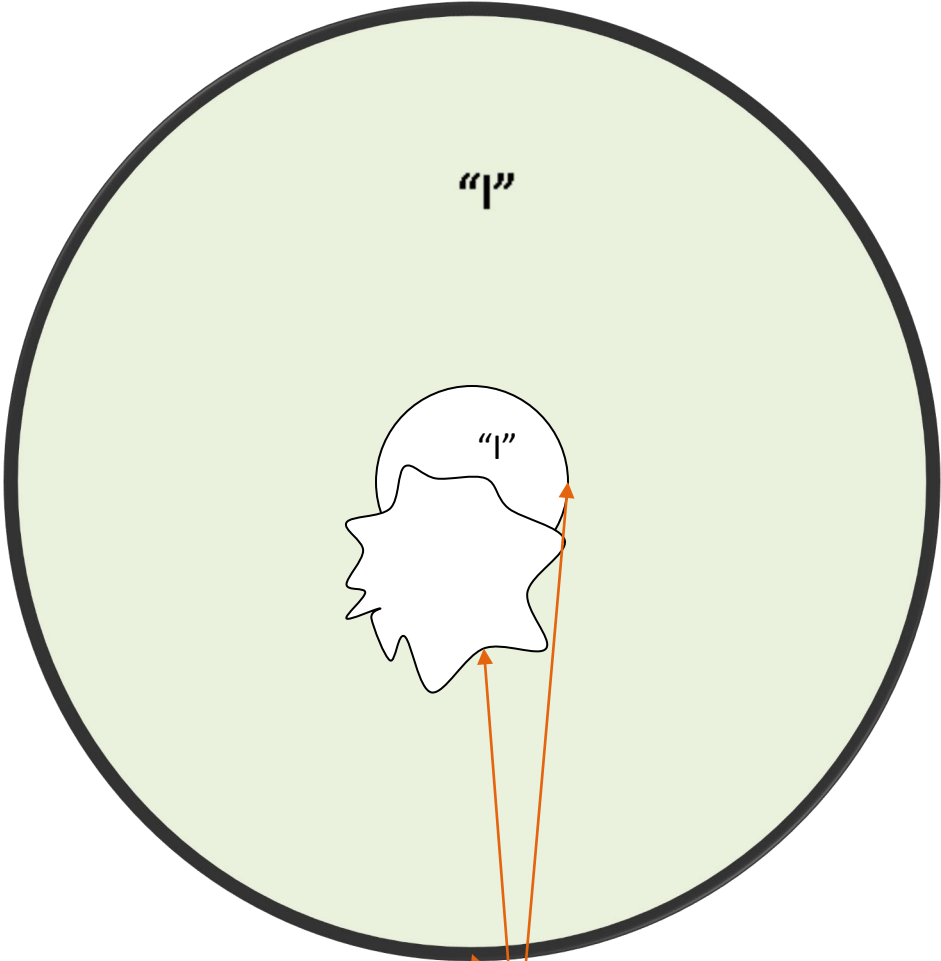
DEFINITION OF CODEPENDENCY

- Codependency:
 - ‘Enmeshed’ type:
 - ‘Donut Hole’ type’:

**CO-DEPENDANT
(ENMESHED)**



DEPENDANT STYLE OF RELATIONSHIP



Boundaries

NEW LIFE COUNSELING PC

COMMON TRAITS OF CODEPENDENCY

Distorted self
image:

People Pleasing:

Difficulty setting
healthy boundaries:

Fear of rejection:

Control issues:

Communication
issues:

COMMON TRAITS OF CODEPENDENCY

Fixation on
others:

Poor self care:

Enabling
behaviors:

Unclear
Individuation:

Difficulty with
Intimacy:

Emotional
Reactivity:

COMMON TRAITS OF CODEPENDENCY

Perfectionism:

Mind Reading:

Dependency on
External Validation:

Difficulty Letting Go
(fear of being
alone):


Unrealistic
Expectations:

Worry/anxiety:

A row of wooden figures, with one red figure standing out among several white ones.

DEFINITION OF BOUNDARIES

- What are Boundaries:
 - Boundaries refer to the guidelines or limitations that individuals establish to define and protect their physical, emotional, psychological, spiritual, and interpersonal well being.

A row of wooden figures, with one red figure standing out among several white ones.

DEFINITION OF BOUNDARIES

- **The Purpose of Boundaries:**
 - These boundaries help maintain a sense of self-respect, self-care, core values, safety, identity, and well being.
 - These personal boundaries help to maintain healthy relationships, personal autonomy within the relationship, and a safe place to express opinions, feelings, desires, wants, and needs.

FORMS OF BOUNDARIES

- Physical
- Emotional
- Intellectual
- Relational
- Spiritual
- Digital
- Work
- Social
- Recreational
- Time

HOW SUBSTANCE USE AND ABUSE CREATES CODEPENDENCY

- Loss of Identity
- Lack of healthy boundaries
- Fear of abandonment
- Mutual Reinforcement
- False sense of Responsibility





HOW SUBSTANCE USE AND ABUSE CREATES CODEPENDENCY

- Enabling Behavior
- Emotional Reliance
- Control issues
- Self-Worth
- Cycles of Dependence

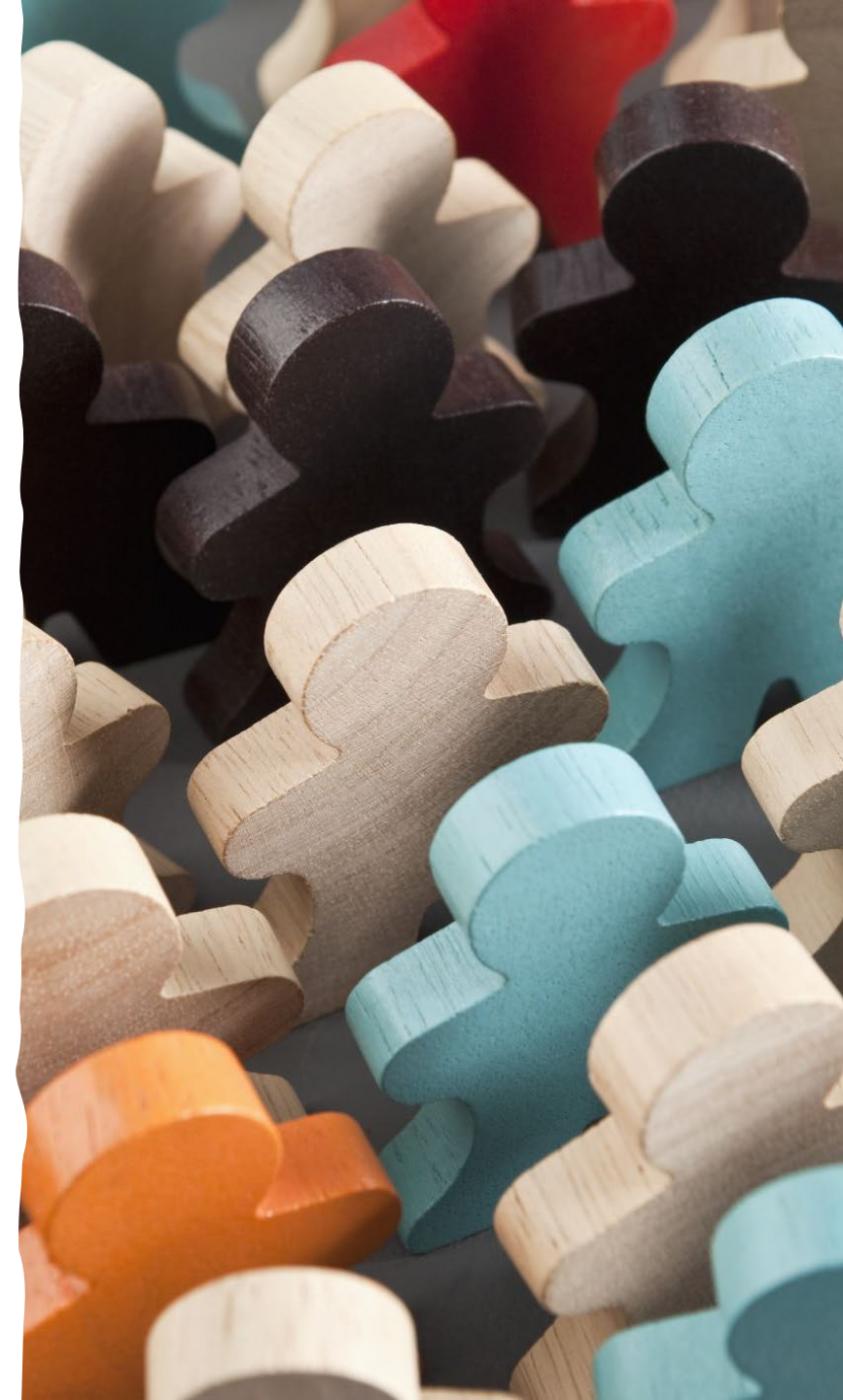
THE IMPACT OF CODEPENDENCY ON RELATIONSHIPS

- Intimacy issues
- Negative filtering
- Communication breakdown
- Emotional distancing
- Attachment issues
- Irresponsible behaviors
- Loss of personal identity



THE IMPACT OF CODEPENDENCY ON RELATIONSHIPS

- Conflict escalation
- Parenting difficulties
- Neglect of responsibilities
- Financial problems
- Trust issues and broken promises
- Domestic Violence
- Dis-Respect of boundaries



CODEPENDENCY SELF SURVEY

Answer the questions using a scale of 1 to 5, where 1 represents "Strongly Disagree" and 5 represents "Strongly Agree."

1. I often put others' needs before my own.
2. I find it difficult to say no, even when I don't want to do something.
3. I feel responsible for other people's happiness and well-being.
4. I have a hard time setting boundaries with others.
5. I often feel anxious or uneasy if I'm not taking care of someone else.



CODEPENDENCY SELF SURVEY

Answer the questions using a scale of 1 to 5, where 1 represents "Strongly Disagree" and 5 represents "Strongly Agree."

- 6. I often feel guilty when I prioritize my own needs over someone else's.
- 7. I tend to rescue or take care of people, even when they can handle things on their own.
- 8. I have trouble expressing my own feelings and needs to others.
- 9. I often base my self-worth on how much I can do for others.
- 10. I have difficulty making decisions without seeking approval or input from others.



CODEPENDENCY SELF SURVEY

Scoring:

- - Add up the scores for all the questions to get a total score.
- - A higher score indicates a higher tendency towards codependency.

Interpretation:

- - 10-20: Low codependency tendencies
- - 21-30: Moderate codependency tendencies
- - 31-40: High codependency tendencies

COMMON COGNITIVE DISTORTIONS WITH COUPLES

Arbitrary Inference. Conclusions are made in the absence of supporting substantiating evidence. For example, a man whose wife arrives home a half-hour late from work concludes, “She must be having an affair.”

Selective Abstractions. Information is taken out of context and certain details are highlighted while other important information is ignored. For example, a woman whose husband fails to answer her greeting the first thing in the morning concludes, “He must be angry at me again.”

Overgeneralization. An isolated incident or two is allowed to serve as a representation of similar situations everywhere, related or unrelated. For example, after being turned down for an initial date, a young man concludes, “All women are alike, I’ll always be rejected.”

Magnification and Minimization. A case or circumstance is perceived in greater or lesser light than is appropriate. For example, an angry husband “blows his top” upon discovering that the checkbook is unreconciled and states to his wife, “We’re financially doomed.”

Personalization. External events are attributed to oneself when insufficient evidence exists to render a conclusion. For example, a woman finds her husband re-ironing an already pressed shirt and assumes, “He is dissatisfied with my preparation of his clothing.”

Dichotomous Thinking. Experiences are codified as either black or white, a complete success or total failure. This is otherwise known as “polarized thinking.” For example, upon soliciting his wife’s opinion on a paperhanging job underway in the recreation room, the wife questions the seams, and the husband thinks to himself, “I can’t do anything right.”

Labeling and Mislabeled. One's identity is portrayed on the basis of imperfections and mistakes made in the past, and these are allowed to define oneself. For example, subsequent to continual mistakes in meal preparation, a spouse states, "*I am worthless,*" as opposed to recognizing her error as being human.

Tunnel Vision. Sometimes spouses only see what they want to see or what fits their current state of mind. A gentleman who believes that his wife "*does whatever she wants anyway*" may accuse her of making a choice based purely on selfish reasons.

Biased Explanations. This is almost a suspicious type of thinking that partners develop during times of distress and automatically assume that their spouse holds a negative alternative motive behind their intent. For example, a woman states to herself, "*He's acting real 'lovey-dovey' because he'll later probably want me to do something that he knows I hate to do.*"

Mind Reader. This is the magical gift of being able to know what the other is thinking without the aid of verbal communication. Spouses end up ascribing unworthy intentions onto each other. For example, a gentleman thinks to himself, "*I know what is going through her mind, she thinks that I am naïve to her 'shenanigans'.*"

DIGGING DEEPER

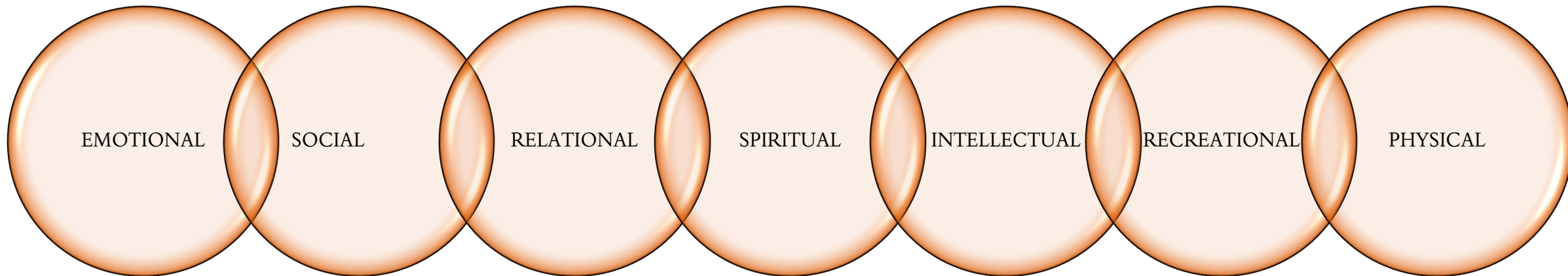




THE CHANGE PROCESS

- A. Knowledge
- B. Personal Understanding –Insight
- C. Inner/outer Awareness
- D. Wisdom – personal application
- E. Practice that makes permanent

MULTI-DIMENSIONAL FRAMEWORK



MULTI-DIMENSIONAL FRAMEWORK

- **What do each of these areas represent?**
- Emotional- “the capacity to be self-aware, self-regulate, have empathy and express one's emotions, and to handle interpersonal relationships judiciously and empathetically”
- Social- “the capacity to be aware of self and others, to identify social cues, and have healthy relationships as a couple with other couples or groups.”

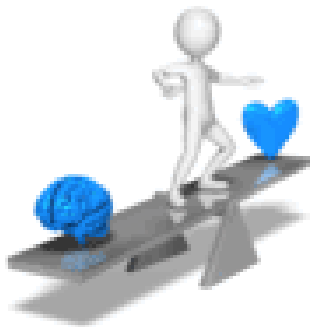
MULTI-DIMENSIONAL FRAMEWORK

- Recreational- “having refreshment in body or mind, as after work, by some form of play; any form of play, amusement, or relaxation used for this purpose, as games, sports, or hobbies, together as a couple.”
- Intellectual- “The ability to be attentive, curious, thoughtful, showing interest, sharing conversationally, with one another, on topics of interest.”
- Physical- “the practice of being affectionate; loving, gentle touching, holding hands, kissing, petting and sexual contact, within the shared boundaries as a couple.”

MULTI-DIMENSIONAL FRAMEWORK

- Relational- “the ability to be self-aware, to self-regulate during emotional and interpersonal conflict, and to arrive at a mutually satisfying solution.”

- Spiritual- “having a core set of core values that define the boundaries of mutual



is of spiritual belief, a reality, within the limitations.”

Core Relational Objectives

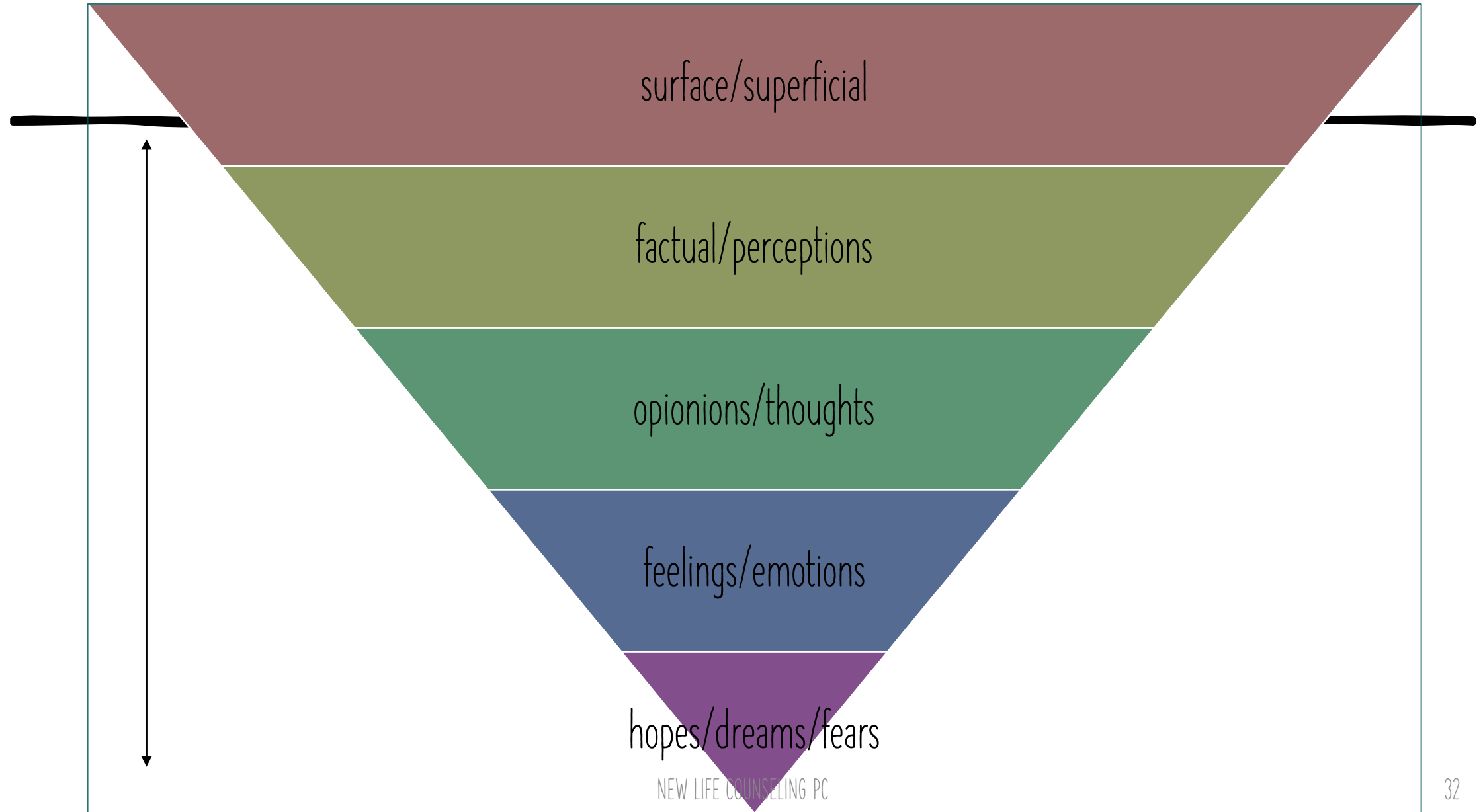
- Mutual satisfaction – reciprocated behaviors.
- Mutual connection – mutually healthy communication
- Balance between the “I’s” and the “us”.
- Mutual respect – maintain appropriate boundaries.
- Common ‘Core’ Values – united in ‘core’ beliefs and purpose.
- Collaborative Partnership – harmony in our differences.
- Mutual focus on strength-based growth.
- Mutual ownership of personal responsibility.



CORE CONCEPTS

- Your words matter. Choose the words you think and speak wisely.
- You have control over what you think. Challenge your thinking.
- You either do or do not do - there is no 'try'.
- Failure and success are definitions we make up.
- Values are the source of who you think you are.
- Purpose is the driving force to your accomplishments.
- Pain is a great motivator – it depends on how you use it.

Depth



Depth

- Relational IQ
 - Recognize that all relationships start at the top of the communication pyramid.
 - A person has more numbers of relationships at the top level than the bottom.
 - You can not force another to converse with you at a deeper level that they want or know how.
 - Intentionally communicate at least 15% of your conversations on the bottom two levels.

DEPTH

- Relational IQ
 - The ability to communicate effectively at all levels of the pyramid.
 - Consciously choosing to communicate at the level that fits the relationship.
 - To be able to mirror another person at the level that they are communicating.
 - The ability to go up and down the communication pyramid as needed in a conversation.

PRINCIPLE CENTERED APPROACH

- What does Principle Centered mean?
 - A general scientific theorem or law that has numerous special applications across a wide field
 - A fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning.

PRINCIPLES

SOME EXAMPLES

- **The Principle of Emotion** - Emotions are information NOT instructions.
- **The Principle of Personhood** - You are not what you do. Understand the difference between who you are and what you do.
- **The Principle of Thought** - You are what you think. Every choice begins with a thought.
- **The Principle of Understanding** - Seek to Understand, before you seek to be understood.

PRINCIPLES

SOME EXAMPLES

- **The Principle of Intentionality** - Growth doesn't just happen.
- **Principle of Control** - You can't choose to change what you are not aware and mindful of.
- **The Principle of Freedom** - You can not, not choose. Everything is a choice..
- **The Principle of Conflict** - Conflict is inevitable and necessary for growth. How are you handling conflict?

PRINCIPLES



Principle of Openness – What you tell others about your self, choosing to be transparent.



Principle of Forgiveness – Forgiveness is for you, allowing you to heal and move forward in your life.



Principle of Trust - Trust is both earned and given.

PRINCIPLES



Principle of Accountability – I am responsible for myself, allowing someone I trust to hold me responsible for who I want to be.



Principle of Sowing and Reaping – You can only reap what you sow. What are you sowing/planting in your relationship?



Principle of Visibility – To be visible, you must have a voice. Speak up.

HABITS

What do we mean

- These habits are not the end all.
- They are a starting place, when practiced will transform your life and your relationship.
- These are not just behaviors, they are a HABIT, a way of thinking and being.
- These habits will never change anyone until they are practiced consistently over time.

Grow Up Your Habit



1. **Speak Up**– Have a voice. Express your needs, wants, desires and preferences..
2. **Build Up** - Affirm, accept, appreciate, encourage, support, inspire and reassure others.
3. **Listen Up** - Active Listening skills. Be quick to listen and slow to speak.



Grow Up Your Habits

4. **Loosen Up** – Practice self control and self discipline. Learn to be less rigid, more flexible.
5. **Grow Up** – To develop and become mature; emotionally, physically, spiritually, psychologically, intellectually and relationally.



Grow Up Your Habits

6. **Connect Up** – Establish communication, join and unite with another.

7. **Clear Up** – Resolve conflict. Stay up to date. Forgive others and ask for forgiveness.

8. **Step Up** – Take responsibility for your self. Own your stuff. What you say, feel, think and do.

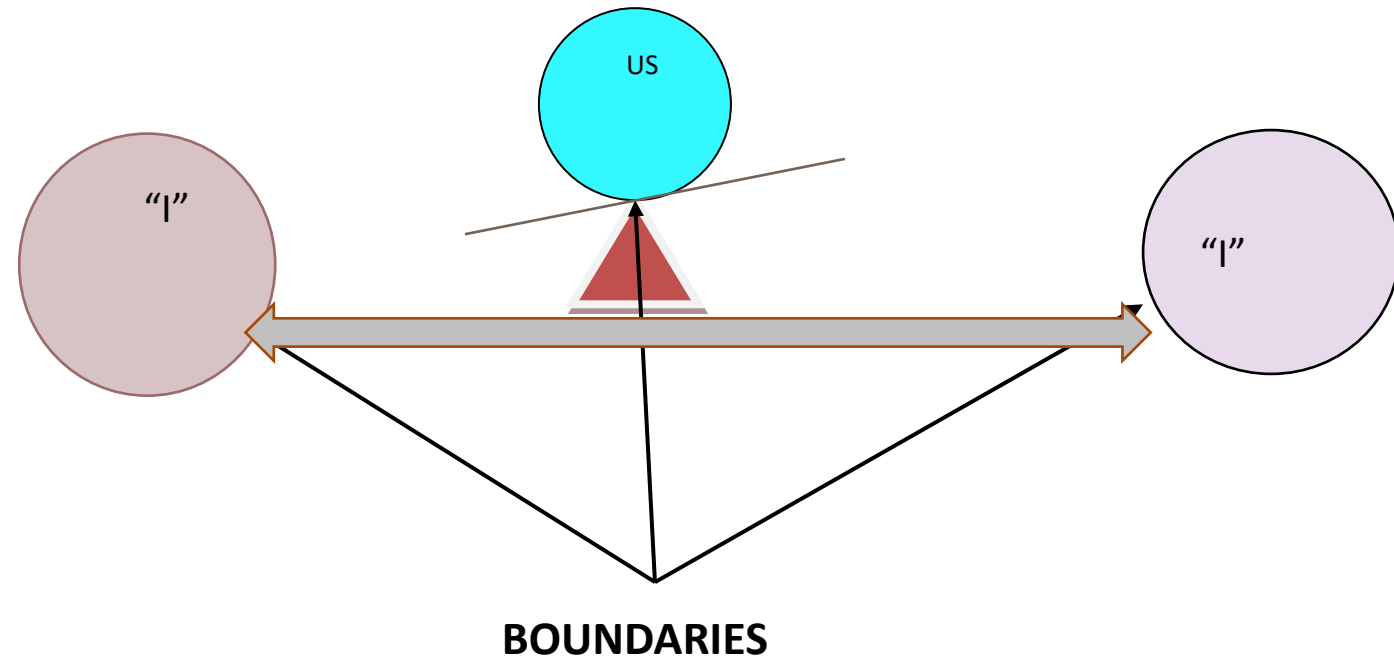


9. **Follow Up** – Be a person of your word. Do what you say you will do.

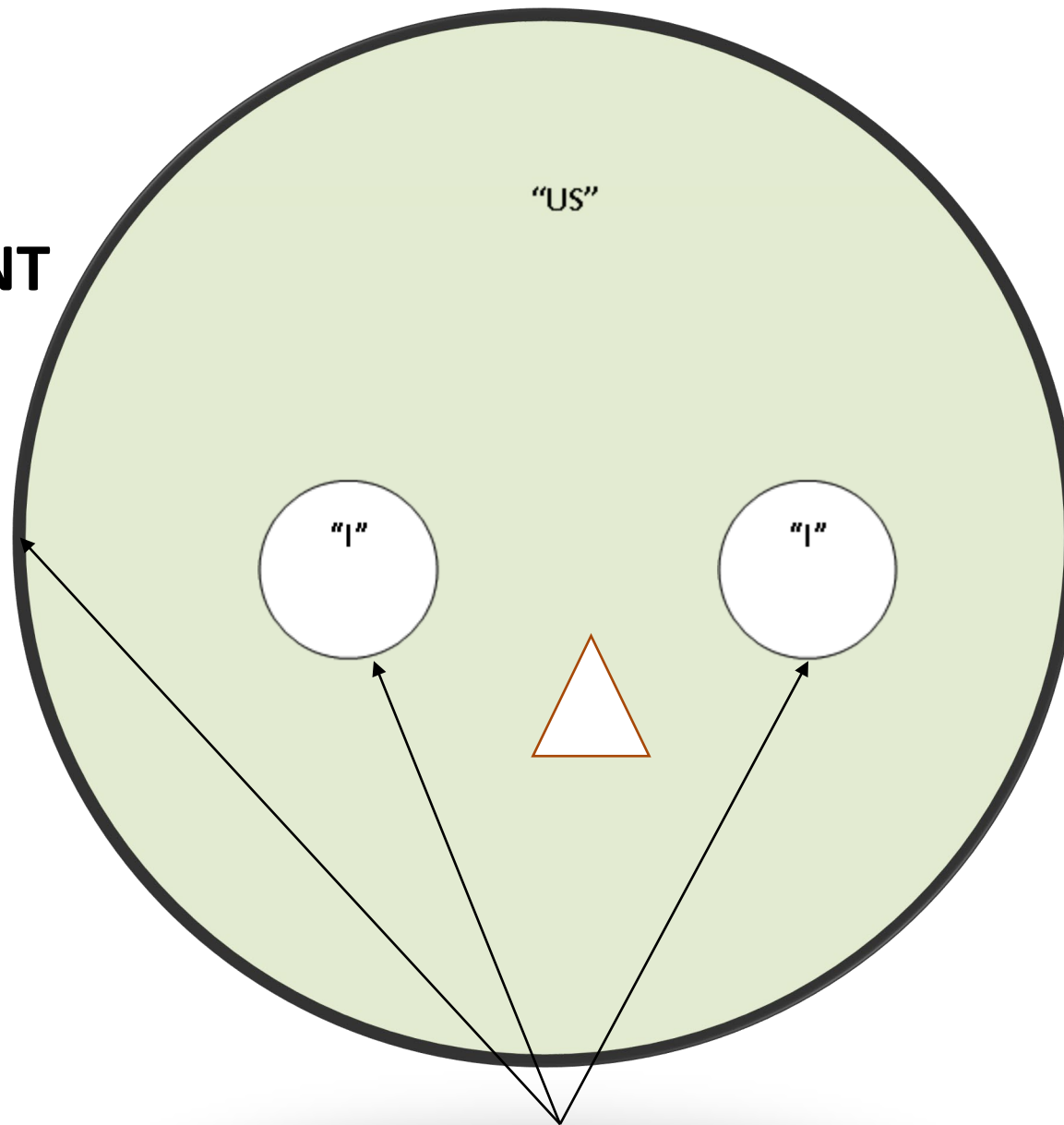
10. **Stand Up** – Stand up for your personal values and principles.

Grow Up Your Habits

INDEPENDANT



INTER-DEPENDANT



BOUNDARIES

CONCLUSION:

WE HAVE LOOKED AT THE IMPACT OF SUBSTANCE USES AND ABUSE ON RELATIONSHIPS.

HOW IT CREATES CODEPENDENCY AND BOUNDARY PROBLEMS.

THE CONCEPT OF BOUNDARIES AND WHAT THEY ARE.

THE HOW TO SET HEALTHY BOUNDARIES: THROUGH A MUTI DIMENSIONAL, PRINCIPLE CENTERED, HABIT FORMING, CHANGE PROCESS.



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