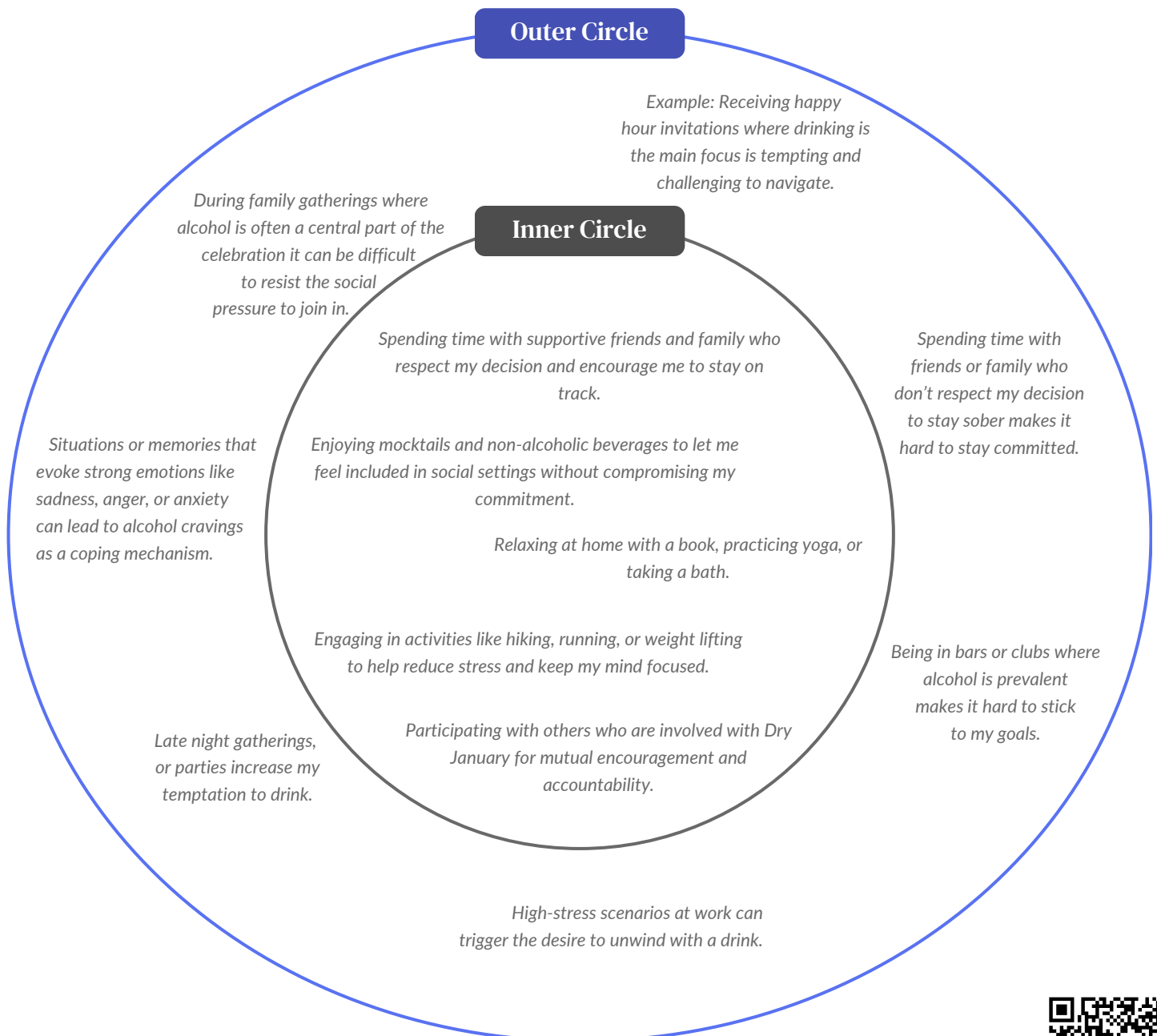


How to Set Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries as you navigate Dry January. Establishing clear limits—both with yourself and in your interactions with others—can make it easier to stay committed to your goals. By defining what behaviors and situations you will and won't tolerate, you can reduce the likelihood of feeling pressured, overwhelmed, or tempted to drink. Use this worksheet to explore your boundaries and develop strategies for maintaining them throughout the month.

PART 1: Visualize Your Boundaries

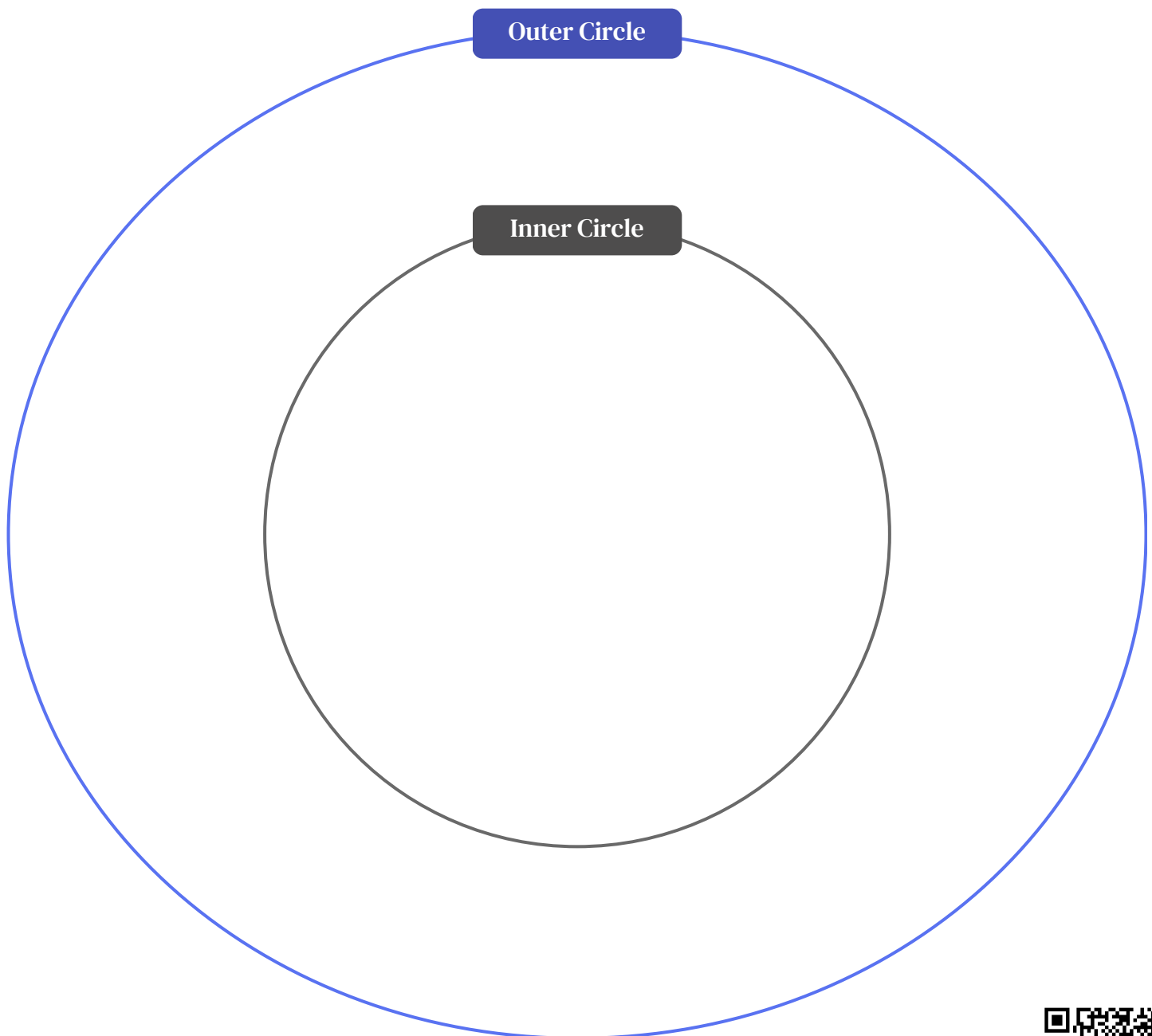
Inside the circle, write down everything that makes you feel confident in your decision to stay sober. Outside the circle, list anything or anyone that might challenge your sobriety, such as situations, people, or behaviors that make you feel stressed, uncomfortable, or tempted to drink. These are the areas where you'll need to set clear boundaries to protect your commitment.



How to Set Healthy Boundaries

When filling out your inner and outer circle, here are some questions to consider:

- What situations or people make it difficult to stick to my Dry January goals?
- What am I looking forward to each day that supports my sobriety?
- What do I find myself dreading each day because it might challenge my commitment to stay sober?
- Who or what energizes and motivates me to continue with Dry January?
- Who or what leaves me feeling tempted, drained, or discouraged by my sobriety journey?
- Who or what helps me feel secure, supported, and confident in my decision to stay sober?



PART 2: How to Communicate Your Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Physical Boundaries

- "Please don't offer me any drinks tonight."
- "I'm focusing on my Dry January challenge, so I'll stick to non-alcoholic options."
- "I need to step away for a moment; this environment is a bit overwhelming."
- "I'd prefer to avoid situations where drinking is the main focus, thanks."

Emotional Boundaries

- "I'm feeling a bit overwhelmed with cravings right now and need some space to regroup."
- "I'm not comfortable discussing my sobriety in detail at the moment."
- "Please respect my feelings about staying sober during this challenge."

Interpersonal Boundaries

- "I feel uncomfortable when you pressure me to drink and need it to stop."
- "I need you to respect my decision to stay sober this month."
- "I am not okay with being teased or questioned about my choice to participate in Dry January."



PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: My close friends often invite me to happy hour after work, and they tend to pressure me to join even when I've said no. Last week, they insisted that "one drink won't hurt," which made me feel uncomfortable and challenged my commitment to Dry January.

Boundary I will set:

I will have a conversation with my friends to let them know that I'm committed to staying sober throughout January and would appreciate their support. I will ask them to respect my decision by not pressuring me to drink or attend events where alcohol is the main focus. I'll suggest alternative activities we can enjoy together that don't involve alcohol.

Any potential challenges:

My friends might feel like I'm distancing myself from the group or that I'm no longer interested in socializing with them. They may not understand why I'm taking this challenge seriously and could perceive my request as unnecessary or overly cautious. Additionally, they might struggle to find non-drinking activities that we can all enjoy together.

How I will handle these challenges:

During our conversation, I will explain to my friends that their support is important to me. I'll let them know that my request to avoid alcohol-focused activities isn't about distancing myself but about maintaining my commitment to this challenge. I'll emphasize that finding alternative ways to hang out will allow me to fully engage and enjoy our time together. For example, I could say, "I really value our friendship and want to continue spending time with you all. Since I'm participating in Dry January, could we plan some activities that don't involve alcohol, like going for a hike or grabbing coffee? I'm committed to this challenge, and your support would mean a lot to me."



How to Set Healthy Boundaries

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

