

Eleven Examples For Setting Boundaries on Help

Limiting how much you help your son or daughter is not easy. However, through time and practice, you will be able to feel more comfortable doing it. Also, you will feel better as you notice the results you get. The following eleven statements can be considered examples of "Hopeful Talk". That is because the words *imply* that you believe in your child's ability to become the responsible, successful, independent, drug-free man or woman they were meant to be.

When communicating these changes in how you help your child, don't expect immediate results. It's better to expect immediate resistance. That's because it takes time for people to change old habits, especially for adult children who are stuck emotionally, in their adolescence. That is where repetition and practice come in.

Here are eleven statements you can use when setting boundaries on the help you will, and won't, be providing for your adult child. You can speak, text, or write these words:

1. "I can't help you with that, I'm not a professional."
2. "The recovery community has the answer to every problem you have. I don't."
3. "I'm saying NO to your request, because I love you and I believe too much in your Independence."
4. "When I say NO, please respect my boundary and stop hammering me about it."
5. "I will never stop loving you, praying for you, and believing in you. I know in my heart that no matter how long it takes, you will be able to get the help you need to resolve all your problems and have the life you desire."
6. "Please forgive me for treating you like a child for so long. You are a man/woman now and I am learning to treat you that way."
7. "I will never stop helping you. Please let me know when you are ready to get help for your drug/alcohol/gambling/emotional/relationship/problems. Until then, I won't be providing any financial assistance because I'm afraid you will use it to continue to hurt yourself, and that's the last thing I would want for you."
8. "I am not going to argue with you, let's agree to disagree. We can disagree without being disagreeable."
9. "It's getting too painful for me to talk with you and continue to be involved in the details of your life. But I do want to stay in contact with you and help you when I can. So, I'm asking you to please text me or email me or write me in the future, instead of calling me. I will miss hearing your voice, but this way it will be less stressful for me."
10. "I'm changing how much help I give you. That's because I'm learning how to help you without enabling you or trying to control you. I will continue to get professional help for myself and my issues and I hope you get help for yourself and your issues."
11. "I keep looking for the best ways to help you with your problems, but lately I've been feeling overwhelmed. I just hired a recovery coach who helps people with their personal problems. His/her name is _____, and their phone number is _____. If you want my help in the future, please call this life coach. If they can't solve your problem, they will call me with your request. The life coach will be a buffer to the stress I feel from being too involved in the details of your problems."