

ADDITIONAL MODULE

Boundaries



LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

Objective n° 1

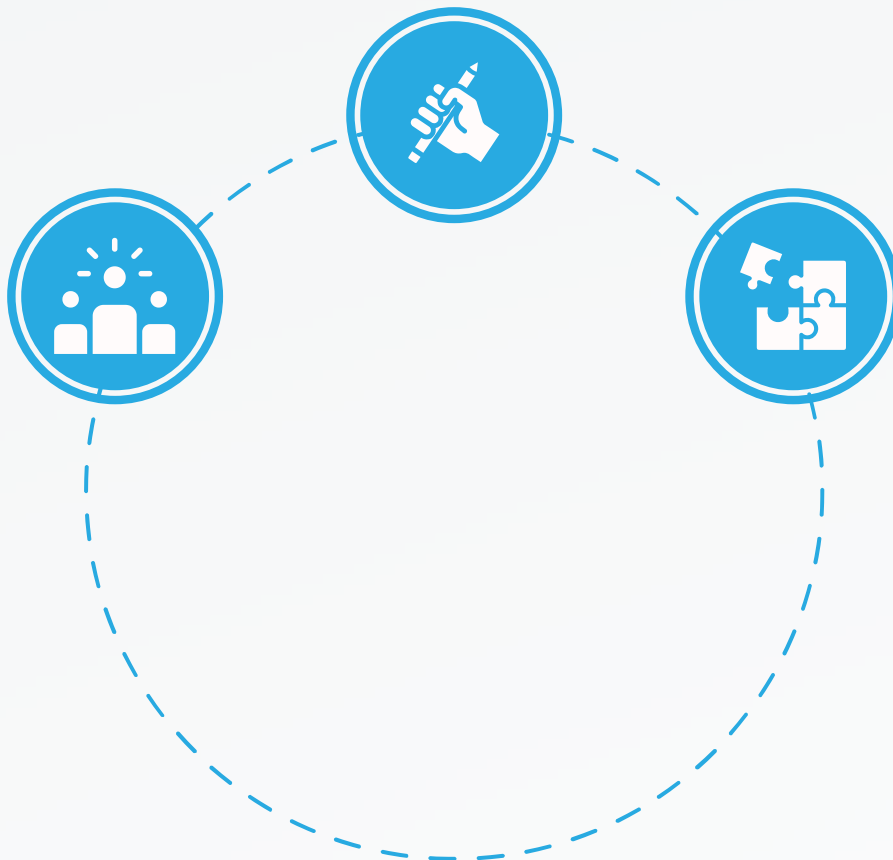
being aware of the importance of setting boundaries for coaches

Objective n° 2

Experiencing what it feels like to set boundaries and know your needs and preferences

Objective n° 3

Act as a role model for clients during their process



Co-funded by
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ACTIVITY DESCRIPTION AND MATERIALS

Activity description



These additions are intended as general (inner) attitudes for working with the target group and therefore apply to all modules.

These guiding principles can be transferred to a large piece of Flipchart paper, for example. Or you can decide to build an "emergency kit" for the trainers in which these and other sentences can be found to counter situations of excessive demands in order to offer a high level of effectiveness for your clients.

Materials



METHODOLOGY USED FOR THIS ACTIVITY



A short intro to the topic



Guided discussions



Self-reflection and self-learning



Assessment

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ACTIVITY DESCRIPTION

Setting and maintaining boundaries is particularly important for recovery coaches in addiction support because it protects both their own mental stability and the quality of support for clients. Here are the most important reasons:

1. Self-protection against emotional overload

In addiction support, coaches often encounter difficult life stories and emotionally stressful situations.

Without clear boundaries, compassion fatigue or a feeling of being overwhelmed can quickly set in.

Boundaries help to avoid getting completely lost in the client's problems.

2. avoidance of relapse

If recovery coaches are themselves experienced addicts, being too emotionally involved can activate old triggers.

If clients relapse or display destructive behaviour, this could awaken coaches' own insecurities or old patterns.

A healthy distance protects against co-dependency or the risk of slipping back into unhealthy behaviours.

3. empowering clients

If coaches take on too much responsibility, clients can slip into a passive role ('The coach solves it for me').

Clear boundaries promote personal responsibility and self-efficacy among clients. They learn to overcome their problems themselves.

4. avoid burnout

Without boundaries, there is a risk that coaches will become too involved and burn themselves out.

Being constantly available or feeling responsible for clients' progress can create enormous stress.

Healthy boundaries help to provide long-term and sustainable support.

5. professional approach and role model function

Recovery coaches should act as stable and reflective companions.

By setting healthy boundaries themselves, they show clients how important self-care is.

In doing so, they convey that they too must take care of themselves – a strong signal for a healthy life in abstinence.

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EXERCISE: KNOW YOUR PREFERENCES

The very first step is getting clear on your own preferences.

Start by asking yourself, **“What’s my need? What do I really want?”**

Commit to checking in with yourself a few times a day:

If you’re likely to forget, set up a reminder system. It could be an alarm, a sticky note, anything that works for you. Then, take a moment to really tune into your body. Close your eyes for 30 seconds – which, believe it or not, feels longer than you’d expect – and genuinely ask yourself,

“What do I want right now?”

You could also tie this check-in to routine activities like washing your hands, going to the bathroom, making a cup of tea, or even when you’re about to light a cigarette.

Extend this practice to your eating habits too. Every time you’re about to choose what to eat, especially when you’re out, give yourself that extra bit of time to really tune into what you fancy.

Consider this the foundation – becoming deeply connected with your own desires and needs, in the small things first, paving the way for the bigger shifts to become achievable.

Knowing your preferences and needs will give you the feeling for what you are “defending” by setting boundaries.

ADDITIONAL Boundaries

How can recovery coaches set boundaries?

- ✓ Clear communication: "I'm here for you, but I can't be available around the clock."
- ✓ Recognise your own stress limits: Pay attention to signals such as stress, restlessness or sleep problems.
- ✓ Hand over responsibility: If a situation becomes too much, get help from professionals or colleagues.
- ✓ Maintain a professional distance: Be empathetic, but don't get emotionally involved in problems.