

Why do I find it difficult to maintain personal boundaries with my loved one?

How are my beliefs, values, and upbringing guiding me?

Mum always said it was unkind to refuse to help when you are able. I'm NOT able, Dan is asking more than I can give.

I felt unloved by Dad when I misbehaved and I don't want Dan to feel that way. I can express love and set a boundary at the same time.

How is my relationship with Dan contributing?

Last time I told Dan no he disappeared for three days. I can't control what Dan does, I have to let him make his own choices even if they scare me. I can only control my own choices.

I'm afraid Dan has these problems because of mistakes I made raising him. Everybody makes mistakes. I did the best I could and am still trying to be a good parent.

Setting a boundary:

Me & my son Dan

How are the patterns and dynamics of the family as a whole affecting me?

My ex says it's my responsibility to force Dan into rehab. He's just saying that because he doesn't know how to help Dan either.

Jenny thinks I shouldn't bother setting ground rules, I should just kick Dan out altogether. Jenny is afraid for her brother and is expressing her fear as anger. She needs compassion too but she can't make choices for me.

How is my community and culture influencing this issue?

If I don't help Dan, nobody else will – the wait times for support are so long. I am supporting Dan, but that doesn't mean I need to let him do whatever he wants in my own house.

I'm embarrassed to tell my church friends about what's going on, so I don't know how to get support for myself. Some people will understand and be there for me. Dan and I both need understanding, not judgment. Anybody who would judge us is someone whose opinion I don't respect.

Strategies to assert my barriers

Remind myself that I'm making choices out of love and care for Dan and myself.
Be honest and up front with both Jenny and Dan but tell them how much I love them.
I am not my father!!!

