

**IMPORTANT  
HELPLINES/  
HOTLINES**

**Addictions Healing  
HELPLINE:** 856-342-4057

**NJ Hotline for  
Addiction: Dial 211.**  
This is an information and referral service that connects you with substance use disorder and support services

**988 SUICIDE & CRISIS  
LIFELINE**  
24/7 CALL, TEXT, CHAT

**PARISH SUPPORT  
GROUPS**

- ♦ **Calix Society—The Church of Incarnation 240 Main St. Mantua—EVERY Monday—ZOOM-8PM**
- ♦ **Community Connections The Church of Incarnation, 240 Main St., Mantua—EVERY Saturday-In-Person & ZOOM—9:30 AM**
- ♦ **For more information about these ministries or how to start an addiction healing support ministry in your parish, call JoAnne Farrell at 856-342-4057.**

# Addictions Healing & Recovery Newsletter

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## Setting Boundaries

**Setting Boundaries** can feel restricting and unnatural. It is often challenging to say no or make a decision that may seem unfavorable to someone else. Boundary setting involves trial and error. You may have to change your approach as you implement this new behavior in different settings. Some general tips for boundary setting: • Identify the desired boundary • Communicate the need or request • Be clear, concise, and avoid overexplaining • Name the consequences of violating the boundary.

It is important to note that boundary setting is not always an explicit verbalization of a rule or standard. In fact, there are other ways of setting limits around your emotions, time, energy, and ideas. For example, asking someone if they are in a space to listen to you vent is an example of an emotional boundary. By checking in with them first you are acknowledging their emotional boundaries.

Additionally, the types of boundaries we set vary depending on the environment and circumstances. Boundaries with a colleague will look different than those with a close friend, adult children, etc.

**Myths about boundaries:** It is not uncommon to avoid setting boundaries out of fear that doing so will negatively impact relationships. This is one of the many myths of boundary setting. The myths and misconceptions about boundaries influence how we manage or enforce boundaries and our willingness to set them. Below are some common myths about boundary setting: • Boundaries push people away • Setting boundaries is selfish • Boundaries are a form of defiance • Boundary setting means being rude or mean • My boundaries hurt others.

Not setting boundaries almost guarantees you will encounter the problems you are worried about creating by setting boundaries. When limits are set around personal space, finances, emotions, and time, you are giving people a gift. You are giving the gift of clear communication and established expectations. By setting boundaries you are also receiving the gifts of safety, optimal emotional and mental health, avoidance of burnout, and personal autonomy and identity. It is important to remember that not everyone will like or understand the boundaries you set, or your reasons for setting them, and that is okay. You do not have to feel guilty for making decisions that protect you. —LukeNotes, A. Mechelle Haywood, Psy.D



**Learning to Thrive Together—Adapted from Dr. Louise Stanger**

Understanding our emotions and how our memories make us feel is all part of the process of developing emotional intelligence and resilience.

Start developing your resilience today with these simple tips:

- ◆ Take time each day to focus on your emotions. What are you feeling? Consider how the emotional memories that you used that day affect the way you feel and how they are affecting your view of the world, as well as your actions.
- ◆ When people are recalling events, focus on their feelings and emotions, are they positive or negative, and how do their emotions subsequently affect your thoughts and behavior?
- ◆ Be honest with yourself about what you can or can't do. Focus on your strengths and derive your self-confidence from them. Admit that you can't do everything and acknowledge those who can do what you can't.

The importance of understanding resilience in work can't be underestimated. With these 3 tips, you can survive and even thrive in trying times.

*“Dear Lord, through the intercession of Immaculate Heart of Mary, please turn my weakness into strength. Transform my suffering into compassion and turn my sorrow into lasting joy. Transform pain into comfort I can provide to others. Allow me to trust in your goodness and find hope in faithfulness, even in the midst of this struggle. Amen.”*



*“Happiness is not a matter of intensity, but of balance, order, rhythm and harmony.” - Thomas Merton*

**Find Your Balance**

**Reflection:** An addictive lifestyle is one of highs and lows. The drug of choice usually gave us an intense feeling of euphoria and some sort of “high”. In hindsight, we can see that the desire for that intense feeling was killing us.

Healing that former way of life demands that we seek balance, order and harmony. Who or what keeps your life in order?

**Prayer:** *Mary, Mother of God, be a mother to me and pray for me.*

**Memorare**

Remember,  
 O most gracious Virgin Mary,  
 that never was it known  
 that anyone who fled to thy protection,  
 implored thy help,  
 or sought thine intercession  
 was left unaided.

Inspired by this confidence,  
 I fly unto thee,  
 O Virgin of virgins, my mother;  
 to thee do I come,  
 before thee I stand,  
 sinful and sorrowful.  
 O Mother of the Word Incarnate,  
 despise not my petitions,  
 but in thy mercy hear and answer me.  
 Amen.