FreeInDeed
Anonymous
The truth will set you free!

Practical Daily Boundaries at a Glance

None of this is a rule handed down from above — it is what has helped others walk free, offered for you to try in whatever way fits your life, to stay in freedom from addiction.

The Basis

- **The visual boundary ("bouncing the eyes"):** at the first look, gently and deliberately bounce your eyes away; choose your seat and your line of sight on purpose. *"I made a covenant with my eyes."*
- **Time and place boundaries around media:** decide on clear limits for internet and screen use from day one — and try not to let them quietly slide just because they have been working for a while. What worked on the first day keeps working every day.
- **Accountability — and a sponsor:** someone you can be **rigorously honest** with, and, when you are ready, a sponsor who is quiet some steps ahead and is walking this road. This is the single most important factor: a boundary plus honesty holds; a boundary on its own rarely does.

When the Moment Comes

Before

- **Examine your risky moments;** Call someone before you step into a tempting situation, and again right after. You do not walk in alone, and you do not walk out alone. You have a choice.
- **Prepare for known weak spots.** Certain times of day, places, or moods carry more pull. Name them ahead of time and add a little extra protection, according to your personal habits, there.

During

- **Take the First Step on the thought.** The moment fantasy arrives, quietly admit you are powerless over this one thought and turn it over to God, submit this thought, fantasy under God's power, instead of wrestling it in your own strength.
- **Play the tape forward.** When lust whispers "just this once," follow the thought all the way to where it truly ends — not the promise, but the aftermath, the self-contempt, shame and guilt, pain.
- **Meet it with mercy ("I'm sick, not bad").** An "urge", a sudden, strong pull to act out, is a symptom we bring into the light. Having an urge and acting on it are two different things. The "urge" itself says nothing about who we are. Shame feeds the cycle; compassion loosens it.
- **Then, start to focus on something else:** for example, move your body and start to do some exercises, get up and change rooms; . Pause → pray / surrender it → → pick up the phone. Keep it simple.

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After

- **Bring it into the open.** Tell a trusted person what happened, or almost happened. What is spoken in the light loses its grip.
- **Learn from the pattern.** Look at what led up to it, without punishing yourself, so you are better prepared next time.

HALT

- When you are **Hungry**, **Angry**, **Lonely**, or **Tired**, you are more exposed. Tend to the need first, and add extra safeguards until it passes.

Just for Today

Offered as a starting point to shape with a sponsor — progress, not perfection. Pray in whatever posture is right for you.

- **Morning:** Pray: you may pray starting with gratitude *"Thank you for a sober, pure and clean night; grant me also this day because of your grace, sobriety, being clean and in purity."* This *I reply to my heart; therefore, I have hope.*
- **During the day:** read a page of recovery literature; make three phone calls to other members; and where you can, offer a hand to someone else walking this road — you keep it by giving it away.
- **Give thanks:** share not only the struggles but one thing you are grateful for, with someone you trust.
- **Weekly:** get to at least three meetings — and try not to let that number quietly drop.
- **Evening:** pray, and take a quiet look back over the day (a Step 10 inventory).

When You Slip

A boundary crossed is not the final word on who you are. The way back is not self-punishment but honesty: tell someone, turn again to God, and begin the next day fresh. He knows our frame; He remembers that we are dust — and His mercy is new every morning.