

# QUICK FINANCIAL BOUNDARIES

## Essential Family Financial Protection

*From the Loving Lions Family Support Platform  
Based on Michael Wilson's "Loving Lions" Approach  
Professional Support: East Point Behavioral Health (855) 887-6237*

## PURPOSE

This quick guide helps families establish immediate financial boundaries that prevent enabling while supporting genuine recovery efforts. Michael Wilson teaches that financial boundaries are expressions of love that encourage personal responsibility.

**Time Required:** 10 minutes to establish

**Follow-up:** Professional consultation for comprehensive planning

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## IMMEDIATE FINANCIAL BOUNDARIES

### What We Will NOT Provide:

- Cash money** without specific recovery purpose
- Bill payments** for consequences of addiction choices
- Legal fees** for addiction-related criminal charges
- Bail money** for addiction-related arrests
- Housing payments** without sobriety requirements
- Debt payments** accumulated during active addiction

### What We WILL Support:

- Treatment costs** not covered by insurance
- Recovery meeting** transportation
- Essential medical care** related to recovery
- Healthy food** during treatment and early recovery
- Professional counseling** and therapy services
- Recovery-focused** education or job training

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## QUICK FINANCIAL ASSESSMENT

## Calculate Your Family's Financial Impact (Past 12 Months):

### Direct Costs:

- Money given directly: \$ \_\_\_\_\_
- Bills paid for them: \$ \_\_\_\_\_
- Legal and consequence costs: \$ \_\_\_\_\_
- Emergency financial assistance: \$ \_\_\_\_\_

**Subtotal Direct Impact: \$ \_\_\_\_\_**

### Family Impact:

- Lost family savings: \$ \_\_\_\_\_
- Delayed family goals: \$ \_\_\_\_\_
- Increased family debt: \$ \_\_\_\_\_
- Stress-related costs: \$ \_\_\_\_\_

**Total Financial Impact: \$ \_\_\_\_\_**

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## MICHAEL WILSON'S BOUNDARY PRINCIPLES

**"Financial boundaries encourage recovery motivation while protecting family security."**

### Core Financial Principles:

#### 1. Recovery Investment vs. Addiction Funding

- Support treatment, recovery meetings, and healthy choices
- Refuse to fund active addiction or its consequences

#### 2. Family Security First

- Protect family financial stability to maintain support capability
- Emergency fund protection is essential for family resilience

#### 3. Earned Support System

- Link financial assistance to verified recovery participation
- Create milestone rewards for sustained sobriety

#### 4. Natural Consequences

- Allow addiction-related financial consequences to occur
  - Provide emotional support without financial rescue
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## EMERGENCY PROTOCOLS

### True Medical Emergencies:

- **WILL provide:** Transportation to emergency care
- **WILL pay:** Life-threatening medical treatment
- **Will NOT pay:** Emergency room visits for intoxication alone

### Housing Emergencies:

- **WILL provide:** Temporary safety housing (72 hours maximum)
- **WILL support:** Housing contingent on treatment entry
- **Will NOT provide:** Housing for addiction-related evictions

### Legal Emergencies:

- **Will NOT provide:** Bail money for addiction-related charges
  - **Will NOT pay:** Legal fees for addiction-related crimes
  - **WILL support:** Recovery-focused legal consultation
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## COMMUNICATION SCRIPTS

### For Financial Requests:

*"We love you and want to support your recovery. We cannot provide money that might enable addiction, but we will gladly support verified recovery activities. What recovery steps are you taking that we can support?"*

### For Emergency Requests:

*"We take emergencies seriously. Let's verify this emergency with professionals and create a plan that includes recovery support. We will help in ways that encourage your healing."*

### For Manipulation Attempts:

*"Our financial boundaries exist because we love you and believe in your recovery. We will support recovery efforts but cannot enable continued addiction."*

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## RECOVERY MILESTONE REWARDS

### 30 Days Sober:

Reward: \_\_\_\_\_

Value: \$ \_\_\_\_\_

### 90 Days Sober:

Reward: \_\_\_\_\_

Value: \$ \_\_\_\_\_

### 6 Months Sober:

Reward: \_\_\_\_\_

Value: \$ \_\_\_\_\_

### 1 Year Sober:

Reward: \_\_\_\_\_

Value: \$ \_\_\_\_\_

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## FAMILY PROTECTION STEPS

### Immediate Actions (Today):

- Change account passwords and security information
- Remove their access to family bank accounts
- Secure checkbooks and financial documents
- Monitor credit reports for unauthorized activity

### This Week:

- Family meeting to discuss new financial boundaries
  - Written copy of boundaries provided to all family members
  - Contact bank about account security if needed
  - Schedule professional consultation for comprehensive planning
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# PROFESSIONAL SUPPORT

## East Point Behavioral Health Services:

- Financial boundary implementation planning
- Family financial counseling coordination
- Recovery-focused financial support strategies
- Crisis financial response planning

Contact: (855) 887-6237

## When to Seek Professional Help:

- Family financial security is threatened
- Boundary implementation meets significant resistance
- Complex family financial situations require guidance
- Crisis financial decisions need professional coordination

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# MONTHLY BOUNDARY REVIEW

- Boundary Effectiveness Check:**  Financial boundaries maintained consistently  
 Recovery support provided appropriately  
 Family financial security protected  
 Professional coordination utilized as needed

## Adjustments Needed:

- Boundary modifications: \_\_\_\_\_
- Professional support: \_\_\_\_\_
- Family coordination: \_\_\_\_\_

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# REMEMBER

## Financial Boundary Success Factors:

- **Consistency** in boundary implementation
- **Love** motivates boundaries, not anger or punishment
- **Recovery focus** in all financial support decisions
- **Professional guidance** enhances boundary effectiveness
- **Family unity** strengthens boundary maintenance

## **This Quick Guide is Step 1**

For comprehensive financial impact assessment and detailed boundary implementation planning, professional consultation provides family-specific financial protection strategies.

### **Complete professional tools available:**

- Comprehensive Financial Impact Assessment
- 5-Section Financial Boundary Framework
- Emergency Financial Response Protocols
- 12-Month Implementation Timeline

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*This quick guide provides essential financial boundary principles. For immediate crisis situations, contact 988 (mental health) or 911 (medical emergency), followed by East Point Behavioral Health coordination.*

**Based on Michael Wilson's "Loving Lions" approach to family financial protection and recovery support.**