

# Loving Lions

## Boundaries Cheat Sheet

*Stepping Out of Chaos, Inspired by Loving Lions*

# Introduction

In the “Protecting yourself” chapter of *Loving Lions*, I use an analogy about a neighbor who decides to splash around in your pool or let their dog soil your lawn if you never set a property line.

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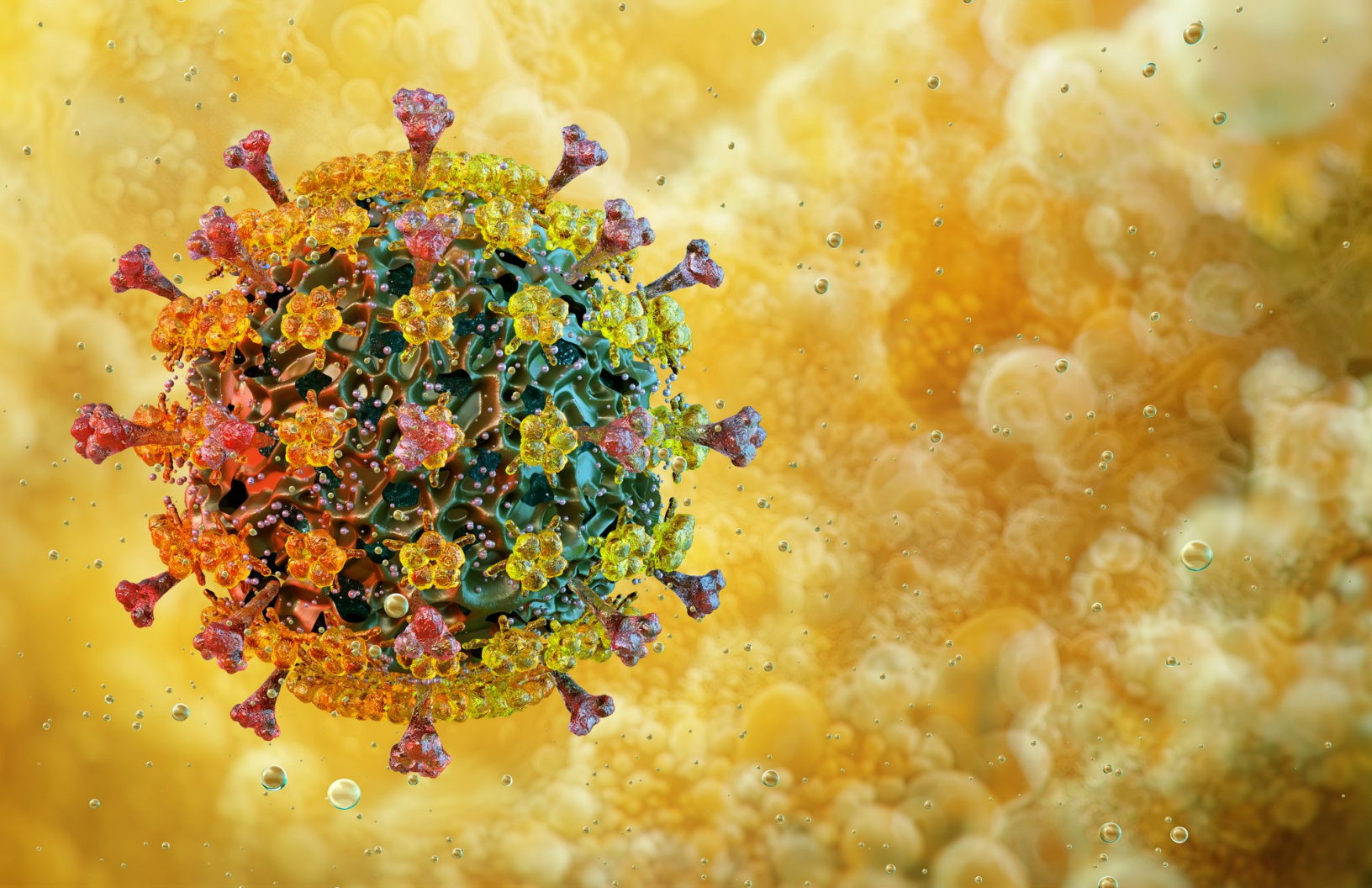
*“Without clear boundaries between what you will and won’t accept, you cannot expect people to know how you want them to act.”*

This cheat sheet distills that concept into simple steps for families facing addiction—where drawing a firm “fence” is crucial for everyone’s well-being.



**WHY DO WE  
NEED TO SET  
BOUNDARIES?**





## They Keep You from "Infection"

*Loving Lions* often refers to addiction as an illness whose "symptoms" (chaos, confusion, and desperation) can infect you if you're too close without protection.

Line from Book: "Addiction is an illness and it is highly contagious... The more love you feel for that person, the more contagious it is."

## They Protect Both Sides

Setting a boundary doesn't reject your loved one. It ensures their illness doesn't consume the family dynamic.

***Key Insight: "It is not the type of illness that is worth catching or sharing with the family."***



# Creating a boundary

## Identify your involvement

When I give you money...

When I let you live at my house...

When I ignore the problem...

## Identify how these make you feel

It makes me feel complicit...

It makes me feel afraid...

It makes me feel like I am avoiding the issue...

## Identify the change in your behavior

I will not give you money...

I will not let you live at my house...

I will not ignore the problem...



**WHY AM I  
DOING  
THIS?**





# I am doing this because:

I need to protect myself...

I am doing this because I can't live like this anymore...

I am doing this because I need to focus on my own mental health until you agree to get help and we can interact in a healthy way again...

I am doing this because this is taking away from my ability to be a parent, sibling, family member, or friend in other ways to other people in my life...

I am doing this because if I do not I will end up losing my job, my marriage or simply my own sanity...

I am doing this because even if you are not ready to get help, I need to step away from the insanity of trying to manage your addiction with you...



# Delivering your boundaries

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*"Good fences make good neighbors, right? No fences, no privacy. No privacy, no personal space. No personal space, no healthy relationship."*

## Communicate Clearly & Calmly

Instead of anger, use a neutral, matter of fact approach: **"When I give you money it makes me feel like I am supporting your use. Because of how I feel, I will no longer provide you with money. I am doing this because I don't like the way it makes me feel when I do it.."**

## Be Ready for Pushback

In *Loving Lions*, I emphasize the addicted individual may see changes as **"mean"** or **unloving**, but it is not. It is also not your job to make them understand, it is just a **firm statement of change** on your end. You are explaining what you have been doing that you are ready to stop doing, and why.

***Tip: "Do not expect them to understand why you are making the changes. It is often next to impossible to reason with the unreasonable."***





# Next Steps & Further Reading

# How to Use This Cheat Sheet

1. Review it anytime you feel guilt or confusion about holding your ground.
2. Share with other family members so everyone stands together.
3. Refer back to the relevant *Loving Lions* chapters if you need deeper insight or examples.

## Download & Share

If you found this Boundaries Cheat Sheet helpful, pass it along to someone who might be feeling trapped or overwhelmed by their loved one's addiction. Remember: "Good fences make good neighbors"- even in your own home.

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*"If you have a loved one in your life that behaves like a lion, then protect yourself accordingly. If you do not, then you can no longer blame the lion, only yourself for not treating the situation appropriately."*

**Interpretation:** The boundary is your responsibility, not theirs. You can't expect the "lion" to act like a polite house guest until *you* define your yard.

**Takeaway:** Boundaries are your loving act of self-care and real compassion - maintaining safe space around the "lion" while still offering genuine support.

For additional help, insights, and stories, check out *Loving Lions* on Amazon, Barnes & Noble, or Audible. And if you have questions, don't hesitate to message me on social media. We're in this together.

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