



# **Relationships and Setting Boundaries after Recovery: A New Beginning for Forming New Relationships**

*Katerena Veronica Lovett MHS*

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After recovery there are many new things we learn about ourselves and one of them will be learning to set boundaries with; our partners, our children, our bosses even our parents. But first and foremost we must learn to set boundaries for ourselves in order to obtain sobriety and keep it. As we make new friends there are certain past issues we can and will share and there are past personal issues we will need to keep to ourselves or know when to share them with others This is an excellent work booklet that will teach you the skills you need to build new relationships and how to deal with and let go of old unhealthy ones as well.

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