

The Boundaries Blueprint for Parents of Addicted Teens

How to set healthy limits—without guilt, fear, or emotional blowups.

By Guy Michaels – Parent Coach | Faith-Inspired Support & Strategy

Welcome

Parenting a teen caught in addiction is heartbreaking. You want to save them, support them, love them back to health. But what happens when your love gets twisted into enabling, or when your fear keeps you from setting the boundaries you desperately need?

This guide will help you take your first strong step: clear, compassionate, and consistent boundaries. You're not being cruel. You're protecting what matters — your peace, your values, and your child's chance at real change.

What Boundaries Are (and Aren't)

✅ Boundaries ARE:

- Guidelines you set to protect your emotional and physical well-being.
- Loving limits that teach your teen how to respect themselves and others.
- A roadmap for how you expect to be treated — and what happens when that line is crossed.

❌ Boundaries ARE NOT:

- Punishment or manipulation
- Walls to shut out your teen forever
- Something that depends on their agreement

The 3 Biggest Boundary Mistakes Parents Make

1. Setting Boundaries Without Follow-Through

Saying “If you do that again, I’ll...” — but not enforcing it.
Fix it: Only set a boundary you're truly willing to act on.

2. Trying to Control Instead of Influence

Trying to manage every move out of fear.

Fix it: Focus on influencing your environment, not controlling theirs.

3. Letting Guilt Override Consistency

Backing down because you feel mean.

Fix it: Remember—clear is kind. Consistency builds trust and safety.

Boundary Scripts That Work

- “I love you, but I can’t support choices that put you in danger.”
- “I will always be here when you’re sober. If you come home high, I’ll ask you to leave.”
- “I won’t argue when you’re yelling. Let’s talk when we’re both calm.”
- “I’m not responsible for your recovery, but I will support you in healthy decisions.”

TIP: Use a calm, firm voice. Don’t argue the boundary — just repeat it as needed.

Are You Enabling? (Quick Quiz)

Answer yes or no:

- Have I lied or covered up my teen’s behavior?
- Have I bailed them out of legal, financial, or school trouble?
- Do I often say yes when I want to say no?
- Do I feel anxious when I think about enforcing rules?
- Do I worry more about their feelings than my own peace or safety?

If you answered “yes” to 3 or more, you’re not alone — but it’s time to take back your power.

Reset Practice – When Boundaries Feel Too Hard

Breathe. Ground. Release.

Take 3 deep breaths.

Say out loud: “God, give me strength to let go of what’s not mine to carry.”

Feel your feet on the ground. You’re not in this alone.

Next Steps

If this guide gave you a glimpse of hope, imagine what consistent coaching support could bring. I offer 1:1 coaching for parents who want to break the cycle of chaos and reclaim peace, purpose, and clarity.

Let's talk.

Book a Free 30-Minute Clarity Call at: <https://calendly.com/guymichaels/60>