



Control Vs. Boundary Statements

Control Statement

- I want you to stop getting drunk.

Boundary Statement

- I will not tolerate you being intoxicated around me or in our home.

Boundary Action Statement

- If you decide to drink, do not come home until you have sobered up
- If you come to my house after drinking, I will ask you to leave.

Control Statement

- I want you to stop drinking and driving

Boundary Statement

- I will not ride in the car with you if you have been drinking.

Boundary Action Statement

- If you are arrested for DUI, I will not pay your bail or legal bills.

Control Statement

- I want you to stop shouting at me.

Boundary Statement

- I will not tolerate verbal abuse.

Boundary Action Statement

- If you speak to me or act in a manner that feels threatening to me. I will you to leave or I will go home.

Control Statement

- I want you to stop sleeping with other men (women)

Boundary Statement

- I choose to be in a monogamous relationship

Boundary Action Statement

- If I have a reason to believe that you are sexual with other people, I will end the relationship with you