

Compassion, treatment and boundaries

Consider one recurring situation. You can complete this alone; agreement from everyone involved is not required to seek support or protect your safety.

Date / period: _____

Safety first. For immediate danger, serious illness or immediate risk of suicide, call 000. Do not use a worksheet to manage violence or an urgent medical problem. If setting a boundary may increase danger, seek individual safety support first. For crisis support, call Lifeline on 13 11 14.

1. The pattern I want to understand

What happens between the intention to change and what follows?

2. A treatment need and commitment

What help is needed, and what engagement step can be agreed?

3. The harm that needs attention

Who is affected, including children or other dependants?

4. A safe boundary or safeguard

What action is within my control? Do I need help to make it safe?

5. Care for those around the person

What support can I seek without waiting for someone else to change?

One next step: who can help with the treatment need, the safety concern or my own wellbeing?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/understanding-impaired-control/>