

BOUNDARIES...and WHAT IS and IS NOT ACCEPTABLE

"WE HAVE NO BOSSES IN OXFORD HOUSE"

IT IS **NOT** OKAY TO:

1. VERBALLY ATTACK ANOTHER PERSON, EITHER BY RAISING YOUR VOICE OR MAKING SARCASTIC REMARKS TOWARD THAT PERSON
2. PUT ANOTHER PERSON DOWN. EXPRESSION OF INNAPPROPRIATE CRITICISM TOWARD A PERSON'S MORAL BEHAVIOR, APPEARANCE, CLOTHES, FRIENDS, ETC.,
3. TAKE SOMEONE ELSE'S INVENTORY, UNLESS YOU ARE CONCERNED THAT PERSON IS EXHIBITING RELAPSE BEHAVIOR. RELAPSE CONCERNS ALL OF US
4. SHAME OR FRIGHTEN ANY OF US BY CROSSING THE BOUNDARIES WE HAVE SET FOR OURSELVES
5. PLACE BLAME ON SOMEONE ELSE FOR YOUR BEHAVIOR OR FEELINGS. WE MUST TAKE RESPONSIBILITY FOR OUR OWN ACTIONS AND FEELINGS.
6. THROW OBJECTS, SLAM DOORS, STOMP AROUND, CALL NAMES, OR PHYSICALLY ATTACK IN ANGER. RAGING OUT OF CONTROL FRIGHTENS AND TRAUMATIZES EVERYONE AROUND YOU, AND IS NOT ACCEPTABLE.
7. ISOLATE
8. HOLD RESENTMENTS TOWARD HOUSE MEMBERS WHICH CAUSE COMMUNICATION BREAKDOWN AND OR TENSION. AND DISRUPTIVE BEHAVIOR IN HOUSE MEMBERS. (IF PERSONALITY CONFLICTS CANNOT BE RESOLVED BY THE PERSONS DIRECTLY INVOLVED, THEY SHOULD BE BROUGHT TO THE HOUSE AS A WHOLE.)
9. TO ATTEMPT TO MANIPULATE OR CONTROL OTHERS TO MEET YOUR EXPECTATIONS THROUGH GOSSIP, AGGRESSIVENESS OR SELF-JUSTIFICATION.
10. NO SPANKING, HITTING, OR YELLING AT THE CHILDREN. THEY ARE PRECIOUS AND VALUABLE PEOPLE TOO, AND DESERVE OUR MUTUAL RESPECT.
11. IF A PARENT CANNOT CONTROL A DISRUPTIVE CHILD WITHIN 10 MINUTES THE PARENT MUST TAKE THE CHILD TO HER RESPECTIVE ROOM, OR TO A LESS POPULATED AREA UNTIL THE CHILD HAS CALMED DOWN.

IT **IS** OKAY AND ACCEPTABLE TO:

1. BE PATIENT AND TOLERANT. EACH OF US ARE AT OUR OWN LEVEL OF GROWTH. PRACTICE ACCEPTANCE. "LIVE AND LET LIVE"
2. TO SHARE POSITIVE ATTITUDES AND FEELINGS TOWARDS OTHERS
3. TO RECOGNIZE ACHIEVEMENTS AND GROWTH IN OTHERS.
4. SHARE YOUR PROGRAM AND LISTEN TO OTHERS.
5. TO HAVE PERSONAL QUIET TIMES AND PRIVACY
6. TO LAUGH AT YOUR MISTAKES.
7. TO DO UNTO OTHERS AS YOU WOULD LIKE THEM DONE UNTO YOU.

**"Oxford Houses provide the addicted individual the opportunity to change their behaviors"
Paul Molloy-Founder, Oxford House Inc.**