

OXFORD HOUSE BOUNDARIES

"We have no bosses in Oxford House"

IT IS O.K. TO:

1. Be patient and tolerant- each of us are at our own level of growth; practice acceptance – *"Live and let Live"*
2. Share positive attitudes and feelings toward others.
3. Recognize the achievements and growth in others.
4. Share your program and LISTEN to others.
5. Have personal quiet time and privacy.
6. Laugh at your own mistakes.
7. Do to others as you would like them to do to you.

IT IS NOT O.K. 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 inappropriate criticism toward a person's moral behavior, appearance, clothes, friends etc., is not acceptable.
3. Take someone else's inventory, unless you are concerned that the 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 yourself or others.
8. Hold resentments toward house members, which cause communication breaks and/or tension, and disruptive behavior in house members. If the persons directly involved cannot resolve personality conflicts, they should be brought to the house as a whole.
9. Attempt to manipulate or control others to meet your expectations, through gossip, aggressiveness, or self-justification.
10. Spank, hit or yell at children. They are precious and valuable people too and deserve our mutual respect. If a parent cannot contain a disruptive child within ten minutes, the parent must take the child to their respective room or to a less populated area until the child has calmed down.

"Oxford House provides the addicted individual the opportunity to change their behaviors."