



# Boundaries for Codependents

*Rokelle Lerner*

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## **Boundaries for Codependents** Rokelle Lerner

So much of recovery from codependence has to do with figuring out where we stop and another person begins. Growing up in an alcoholic or dysfunctional family often prevents us from creating healthy physical, emotional, intellectual, and spiritual boundaries. This pamphlet offers meaningful insight on how to build healthy boundaries.

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