

OXFORD HOUSE BOUNDARIES ... and WHAT IS NOT ACCEPTABLE

"WE HAVE NO BOSSES IN OXFORD HOUSE"

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 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 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. To attempt to manipulate or control others to meet your expectations, through gossip, aggressiveness, or self-justification.
10. No spanking, hitting, or yelling at children. They are precious and valuable people, too, and deserve our mutual respect.
11. If a parent cannot contain a disruptive child within ten 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 O.K. to and acceptable to:

1. Be patient and tolerant - each of us is at our own level of growth - 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 to LISTEN to others.
5. To have personal quiet times and privacy.
6. To laugh at your own mistakes.
7. To do unto others, as you would like them to do unto you.

"Oxford Houses Provides the addicted individual the opportunity to change their behaviors."

Paul Molloy, Founder
Oxford House, Inc.

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4. Shame or frighten any of us by crossing the boundaries we have set for ourselves.
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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 causes communication breaks and/or tension and disruptive behavior in house members. (If personality conflicts cannot be resolved by the persons directly involved, the conflicts should be brought to the house as a whole).
9. Attempt to manipulate or control others to meet your expectations through gossip, aggression or self-justification.

GOLDEN RULES FOR LIVING AND WORKING TOGETHER

- Do what you say, say what you mean**
- If you open it, close it**
- If you turn it on, turn it off**
- If you unlock it, lock it**
- If you break it, admit it**
- If you can't fix it, call in someone who can**
- If you borrow it, return it**
- If you value it, take care of it**
- If you make a mess, clean it up**
- If you move it, put it back**
- If it belongs to someone else and you want to use it, get permission**
- If you don't know how to operate it, leave it alone**
- If it is none of your business, don't ask questions**
- If it's not broken, don't fix it**
- If it will brighten someone's day, say it**
- If it will tarnish someone's reputation, keep it to yourself**