



LEARNING MODULE II WORKBOOK

Seminar # 10

Enabling vs. Consequences

Learning Objectives

1. How is the issue impacting the family members.
2. What response is required.

How is the issue impacting the family members?

Those who habitually enable dysfunctional behavior are often referred to as co-dependent. It's a telling word, because an enabler's self-esteem is often dependent on his or her ability and willingness to "help" in inappropriate ways. This "help" allows the enabler to feel in control of an unmanageable situation. The reality, though, is that enabling not only does not help, but it actively causes harm and makes the situation worse.

By stepping in to "solve" the addict's problems, the enabler takes away any motivation for the addict to take responsibility for his or her own actions. Without that motivation, there is little reason for the addict to change. Enablers help addicts dig themselves deeper into trouble.

Here are some questions to ask yourself when considering whether you are an enabler:

- Do you often ignore unacceptable behavior?
- Do you find yourself resenting the responsibilities you take on?
- Do you consistently put your own needs and desires aside to help someone else?
- Do you have trouble expressing your own emotions?
- Do you ever feel fearful that not doing something will cause a blowup, make the person leave you, or even result in violence?
- Do you ever lie to cover for someone else's mistakes?
- Do you consistently assign blame for problems to other people rather than the one who is responsible?
- Do you continue to offer help when it is never appreciated or acknowledged?

Practical Family Life Exercise # One

ENABLING THE WRONG OUTCOMES?

FAMILY WORKSHEET

Their Behavior?	What you would like to see?	Your Actions?	The Outcome?

The Story

VIDEO ONE

ASSIGNMENT VIDEO: On www.youtube.com/

Search Title: Signs of Enabling Addicts

Candace Plattor

Educates family members of those in recovery about substance abuse disorders. Three sessions cover triggers and cravings; phases of recovery; and typical family reactions to the stages of addiction and recovery and how they can best support their loved one. **Duration: 15:14 min**

What response is required?

FAMILY WORKSHEET “Enabling vs. Consequences”

ISSUE # 1. Enabling vs. Disabling (30-minute session)

GOAL: 1. To use this seminar content as a foundation into building communication techniques that do not enable reinforcement of negative substance misuse behavior. 2. To learn how to avoid communication that disables the positive habits of successful recovery. 3. How communication makes a safe place for the family.

QUESTION:

ANSWER:

1. Do you take steps to cover up the addiction and help keep it hidden? _____
2. Do you make excuses for your loved one’s addiction or behavior? _____
3. Do you avoid confronting the addiction to avoid conflict? _____
4. Do you believe your loved one is just going through a phase? _____
5. Do you believe the problem will eventually resolve itself without help? _____
6. Do you handle the responsibilities of your loved one? _____
7. Have you bailed your loved one out of jail? _____
8. Have you paid bills for your loved one, who likely used income on their addiction? _____
9. Do you have a parent-child relationship with your loved one even though they are your spouse? _____
10. Do you enjoy the feeling of being ‘needed’ by your loved one? _____
11. Are you guilty of giving second, third, and fourth chances? _____
12. Do you ever participate in risky behaviors alongside your loved one? _____

TOTAL: _____

SCORE: 1 - Never, 3 – Sometimes, 4 – Often.

If your Score Totals:

12 You are doing great. **36** You could do better. **48** You should seek professional family therapist to learn how.

Practical Family Life Exercise # Two:

1. In what way am I enabling?

2. What can I do to stop enabling?

3. How is my enabling self-gratifying my emotional needs?

Practical Family Life Exercise # Three?

1 Who in our family is enabling?

Name of Family Member:

In what way are they enabling:
