

## LESSON 4 – ENABLING CHECKLIST

**Directions:** Circle the number of each question where you could answer “YES.”

1. Have you ever paid a financial debt that is the result of your loved one’s misuse of a substance?
2. Have you ever made a call to cancel an appointment on the person’s behalf due to dysfunctional behavior?
3. Have you ever “called in sick” or made excuses to his/her job or school?
4. Have you ever not called the police after the person was physically abusive?
5. Have you ever let your loved one live with you because he or she ran out of money?
6. As a result of your loved one repeatedly running out of money, have you continued to loan the person money?
7. Have you ever bailed the person out of jail for an arrest connected with drugs, alcohol, and/or physical abuse?
8. Have you ever excused the person from keeping a commitment because he/she is “depressed”?
9. Are you afraid to confront the person about their behaviors for fear of violence?
10. Are you afraid to confront the person about their behaviors for fear you will lose the relationship?
11. Do you sometimes believe their behaviors are not so bad because “they are only occurring in the home”?
12. Do you sometimes act as if you believe the person’s excuses even when you know he/she is lying?
13. Do you sometimes think that it is because of you that the person behaved the way they did?
14. Do you prefer not to talk to anyone about the problem because you are ashamed?
15. Do you allow the person to come back to the house even after he/she has been physically destructive or stolen from you?
16. Do you make excuses to your other family members or friends for the loved ones’ behaviors?
17. Do you threaten to leave the relationship, and then not follow through on leaving?
18. Do you pretend the chemically dependent is sick when they are really coming off a binge?
19. Have you ever taken drugs with your loved one so you can be together?
20. Have you ever obtained drugs for your loved one?

### Lesson Notes

Take note of the basic issues or circumstances in which enabling occurs in the questions:

- **M**\_\_\_\_\_
- To avoid confrontation
- **A**\_\_\_\_\_ (verbal, physical, emotional)
- Guilt or **S**\_\_\_\_\_

### Healthy Helping or Enabling?

**Healthy Helping** is doing something for someone who is not capable of doing it for themselves.

**Enabling** is doing for someone what they could and should be doing for themselves.

*“In the past several decades, enable has started to take on a new associated sense in the field of addiction studies, where enabling is viewed as giving misguided support to a person with some substance-abuse issue. A person who facilitates the self-destructive behavior of another is referred to as an enabler.”*

*-Merriam Webster Definition*

*If you answered “yes” to three or more questions, you probably have been enabling someone.*