

Circle the number before each question where you could answer “YES.”

1. Have you ever covered a financial debt that is the result of a behavioral dysfunction or drug/alcohol related?
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 or her job or school?
4. Have you ever not called the police after the person was physically abusive?
5. Have you ever let the person come and live with you because he or she has run out of money?
6. As a result of 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 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 they will leave you?
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’re ashamed?
15. Do you allow the person to come back to the house even after he or she has been physically destructive?
16. Do you make excuses to your children for the person’s 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 the chemically dependent so you can be together?
20. Have you ever obtained drugs for the chemically dependent?

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

Lesson Notes:

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

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

Helping or Enabling?

***Helping** is doing something for someone that he is not capable of doing himself.*

***Enabling** is doing for someone what he could and should be doing for himself.*

An enabler is a person who recognizes that a negative circumstance is occurring on a regular basis and yet continues to enable the person with the problem to persist in his detrimental behaviors.

Simply, enabling creates an atmosphere in which our adult children can comfortably continue their unacceptable behavior.

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