

Enabling Behaviour

Enabling: To prevent a person from experiencing **NATURAL** consequences of their behaviour by changing the consequences, or by accepting responsibility for them.

Enabling: Doing anything for the other person that they **CAN AND SHOULD** be doing for themselves.

Enabling behaviours generally fall into one of three categories:

- Fixing problems: e.g. calling in sick for a LO who can't work due to "using"
- Protecting your LO: e.g. covering up for them with family, making excuses, keeping the real problem a secret
- Nagging: e.g. frequently reminding your LO of "the problem" and urging them to do something about it

Discover the Power of Choice!

www.smartrecovery.org.uk

0330 053 6022