

Enabling

Have you done any of the following –

- Have you paid bills that your Loved One (LO) was supposed to have paid?
- Do you avoid talking about your LO's drinking or drugging out of fear of the response?
- Have you threatened to leave if your LO didn't stop drinking and then did not leave?
- Have woken your LO so he or she would not be late for work or school?
- Have you explained, (multiple times) to your LO that he or she **MUST** stop drinking/using?
- Have you bailed your LO out of prison or paid his or her legal fees?
- Have you ever helped your LO look for items they lost while drinking or using?
- Have you ever avoided making plans to spend time with family or friends because you were concerned your LO's behaviour would be unpleasant due to drugs or drinking?
- Have you ever cut back on your own expenses because of your LO's substance use?
- Do you believe your LO's lies - over and over?
- Do you accept your LO's excuses?
- Do you allow yourself to be physically or emotionally abused by your LO?
- Do you make addictive behaviour seem "normal" to your children?
- Allow your LO change the subject when you bring up their substance abuse problem?
- Do you nag/plead/threaten your LO in an effort to inspire change?
- Do you keep your LO's addiction a secret from others?

Discover the Power of Choice!

www.smartrecovery.org.uk

0330 053 6022