Empower and Reclaim Recovery
"Empowering Change. Reclaiming Lives"

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Self-Assessment: *Am I Enabling?*

Answer **Yes or No** to each question.

Helping vs. Enabling

1. Do I cover up, lie, or make excuses for someone's behavior to protect them from consequences?
2. Do I provide money, housing, transportation, or resources that may support their substance use?
3. Do I step in to fix problems caused by their behavior (missed work, legal issues, conflicts)?

Boundaries & Responsibility

4. Do I take responsibility for their choices, emotions, or recovery?
5. Do I avoid setting limits because I fear anger, conflict, or abandonment?
6. Do I continue helping even when it harms my own wellbeing?

Emotional Impact

7. Do I feel guilt, anxiety, or fear when I consider saying "no"?
8. Do I believe things will fall apart if I don't intervene?
9. Do I feel resentful, exhausted, or emotionally drained by the situation?

Patterns & Awareness

10. Have others expressed concern that I may be doing too much?
11. Do I minimize, deny, or rationalize the severity of their behavior?
12. Do I keep hoping my support alone will make them change?

Interpreting Your Answers

- **0–2 Yes**: Healthy support with clear boundaries
- **3–5 Yes**: Possible enabling — increased awareness is helpful
- **6–8 Yes**: Enabling patterns likely present
- **9+ Yes**: Strong enabling behaviors — support for *you* is strongly recommended

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Reflection Questions

- What am I afraid will happen if I stop rescuing or fixing?

- How has this affected my mental, emotional, or physical health?
- What consequences might be necessary for real change to occur?

Important Reframe

Enabling is **not caused by weakness or bad intentions**. It often comes from:

- Love
- Fear
- Trauma
- Desire to keep peace
- Hope things will improve

Support helps recovery. Enabling delays it.

Healthy Alternatives to Enabling

- Set clear, consistent boundaries
- Allow natural consequences
- Offer emotional support without rescuing
- Encourage professional treatment
- Focus on your own self-care and healing