

WORKSHEET 1

Enabling and Boundaries, Pt. 1

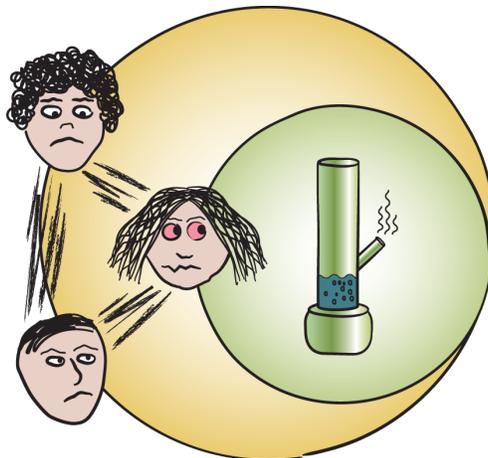


It's time to apply what we've been looking at so far about how addiction impacts the family system to your own experience. The following discussion sections will help you identify how you have unwittingly participated in unhealthy dynamics that have led to self-defeating actions and decisions. Learning how to recognize this is the first step towards being able to change this behavior going forward.

Codependency: Revolving around the problem? Or taking back control?

Take a moment to recall what we learned about the impact of addiction on the family system.

The 8-Second Lecture On Codependency



The 8-second lecture on codependency illustrates how the family ends up revolving around the substance user:

- a. *What kind of the day the family has...*
- b. *Depends on what kind of day the substance user is having, which...*
- c. *Depends on his or her relationship with the chemical at any given moment.*
- d. *The family becomes “co” – “dependent.”*

At the core of this dysfunctional dynamic is what we refer to as “enabling” behavior. The family allows the unhealthy behavior to continue. An important step in family recovery is learning to identify this dynamic and putting an end to it.

1. Enabling

Provide 3 examples of times you (a) enabled an ill-advised situation to occur. Include (b) the reason you allowed it, and (c) the potential harm this caused.

Example

a. Enabling behavior: “One time...”

One time Jason wanted to spend the night at his friend’s. I didn’t feel good about it because the friend had just been suspended from school for getting caught with drugs. I allowed him to spend night out, even though I didn’t think it was a good idea.



b. Reason for allowing the behavior, even when you didn’t feel right about it:

My wife didn’t agree with me and I wanted to avoid an argument. I knew that if I said what I thought, it would cause Jason to get mad and manipulate us by driving the wedge further between my wife and me.



c. How did this enabling behavior either lead to potential harm, or cause you to compromise your values?

We already knew that Jason had been using drugs. I knew that spending the night with a friend who we know uses would probably lead to them doing something that could get them in trouble.

I compromised my values by allowing him to do something I didn’t approve of because of my own fear of conflict.

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