

Am I enabling my son or daughter?

Each question below describes a thought, feeling, attitude or behavior that can unknowingly help someone's problem continue or get worse. This is called enabling. This particular questionnaire is about alcohol/drugs, but we can also enable other behaviors. Answer yes, no, or sometimes.

- _____ I have discovered supplies of alcohol/drugs or paraphernalia but have been afraid to say anything to my child, or to tell my spouse what I have found.
- _____ I have avoided talking to school personnel or alcohol/drug agencies fearing stigma.
- _____ I doubt my own perceptions, thinking that I am making something out of nothing.
- _____ I have covered up for my child with school or job.
- _____ I excuse my child's behavior, attributing it to "a phase."
- _____ I don't trust my child, but feel as if I am in the wrong.
- _____ I ignore situations to avoid conflict.
- _____ I have become suspicious of my child's activities and therefore try to control who he/she is with and where he/she goes.
- _____ I blame my child's friends, the school, or others for my child's alcohol/drug use.
- _____ I have given my child money without really knowing how it is being spent.
- _____ I have looked for a job or applied for a job on behalf of my child.
- _____ I have tried drinking or using other drugs with my child in hopes of strengthening the relationship.
- _____ I and/or my spouse tolerate the use of some alcohol or other drugs by our children.
- _____ I/we have "bailed" our child out when he/she has gotten in trouble with school or the police.
- _____ I/we have made excuses for our child, doing chores that were his/her responsibility.
- _____ I do not talk about my concerns with others.
- _____ I think the present problems are my fault because I am an inadequate parent.
- _____ I shield my child from experiencing the consequences of his/her actions.
- _____ I threaten consequences that I do not enforce, giving my child "one more chance" over and over again.

Think about the degree to which these statements apply to you. If you think you are enabling someone, talk with a counselor or trusted person to explore other ways to deal with these situations.