



# WHEN SOMEONE YOU CARE ABOUT HAS AN ADDICTION PROBLEM

If you live or work with someone who abuses alcohol or drugs, you may be consciously or unconsciously enabling his or her habit.

## ARE YOU AN ENABLER?



Also called “codependents”, enablers often try to protect users from their problems or help hide the problems from others. These are some examples of enabling behaviors:

- ▶ **Taking over the responsibilities of the substance abuser**
- ▶ Making excuses or covering up errors for the substance abuser
- ▶ **Going along with the abuser’s excuses for using substances**
- ▶ Helping the abuser get out of financial difficulty related to substance abuse
- ▶ **Cleaning up after the substance abuser**

## WHY IS ENABLING UNHELPFUL?



It is natural to want to protect someone you care about. However, you are not helping substance abusers by buffering them from the negative consequences of their behaviors.

**THE BEST WAY TO ASSIST SUBSTANCE ABUSERS IS TO LET THEM FACE THE REALITY OF THEIR SITUATION.**

As long as you are there to save the day, the abuser can continue with their destructive behaviors.



## HOW CAN YOU AVOID BEING AN ENABLER?



- ▶ **Don’t take responsibility for any problems the substance abuser should be handling.**
- ▶ **Don’t try to protect the abuser; serious problems have serious consequences.**
- ▶ **Don’t accept blame/guilt from the abuser. Its not your job to fix problems you didn’t create.**
- ▶ Let the abuser know how serious you think his/her problem is.
- ▶ Suggest that s/he seek counseling or other treatment.
- ▶ Think about what you need. Take care of yourself.

**The EAP is available to you and your family members for the entire journey. Call them today to learn more about how they can help.**