



» **DEFINITIONS**



**ENABLING**

Refers to behaviors or actions that support and perpetuate someone's addictive behavior. It often involves shielding the individual from the consequences of their actions, making it easier for them to continue their harmful habits.



**CODEPENDENCY**

Conduct found in imbalanced relationships where one person enables another person's self-destructive behavior such as addiction, poor mental health, immaturity, irresponsibility, or under-achievement.



**RELAPSE**

The return to active drug or alcohol abuse after a period of abstinence or sobriety. Relapse is most prevalent when family members enable and shield the loved one from the natural consequences of their behavior.

» **WHAT ARE THE HARMS CAUSED BY ENABLING?**



**AVOIDANCE OF RESPONSIBILITY**

Enabling shields the addicted loved one from the consequences of their actions, perpetuating avoidance of responsibility. This hinders their willingness to confront their addiction and take steps toward recovery.



**LACK OF MOTIVATION FOR CHANGE**

Enabling removes the need for the addicted loved one to face the full impact of their actions, leading to a lack of motivation for change and perpetuating their addictive behaviors.



**VICTIMIZATION AND AVOIDANCE**

Enabling fosters a victim mentality in the addicted loved one, allowing them to avoid accepting responsibility for their actions. This victim mindset hinders personal growth and self-awareness and leads to more relapse.



**CONTINUED SUBSTANCE USE**

Enabling perpetuates substance abuse by removing the natural consequences of addiction. This behavior inadvertently supports their destructive habits, hindering their path to recovery and healing.

» **WHAT ARE THE BENEFITS OF HEALTHY BOUNDARIES?**

**SUPPORT FOR RECOVERY**

Boundaries encourage addicted individuals to accept responsibility for their actions and seek help for their addiction. By not enabling or rescuing them from the consequences of their behavior, family members motivate them to seek recovery.

**IMPROVED COMMUNICATION**

Clear boundaries foster open and honest communication between family members and the addicted individual. This can lead to healthier relationships and an improved understanding of each other's needs and expectations.

**PERSONAL RESPONSIBILITY**

Boundaries help the addicted individual understand that they are responsible for their actions and the consequences of their addiction. This leads to increased accountability and a much greater likelihood of recovery.

**REDUCING CODEPENDENCY**

Establishing clear boundaries helps to break the cycle of codependency. Codependency perpetuates addiction and hinders recovery. Breaking this cycle is vital for the well-being of all family members, especially the addicted person.

**EMOTIONAL STABILITY**

Boundaries help reduce emotional turmoil for the addicted individual and family members alike. By establishing healthy limits, family members maintain emotional stability and avoid being consumed by the behaviors of the addicted loved one.

**PROMOTING HEALTHY RELATIONSHIPS**

Clear boundaries support the development of healthier relationships, both within the family system and with the addicted individual. Over time, this leads to increased trust, understanding, and empathy.



» **CONSEQUENCES OF NOT FOLLOWING THROUGH WITH ESTABLISHED BOUNDARIES**

**ENABLING THE ADDICTION**



By not enforcing boundaries, the loved one's addiction is enabled, making it easier for them to continue their harmful behavior without facing the necessary consequences to support change.

**LOSS OF TRUST**



Not following through on established boundaries results in a loss of trust between the addicted person and their family members. This makes it much harder for the addicted person to seek help, thus promoting relapse.

**HINDERED RECOVERY**



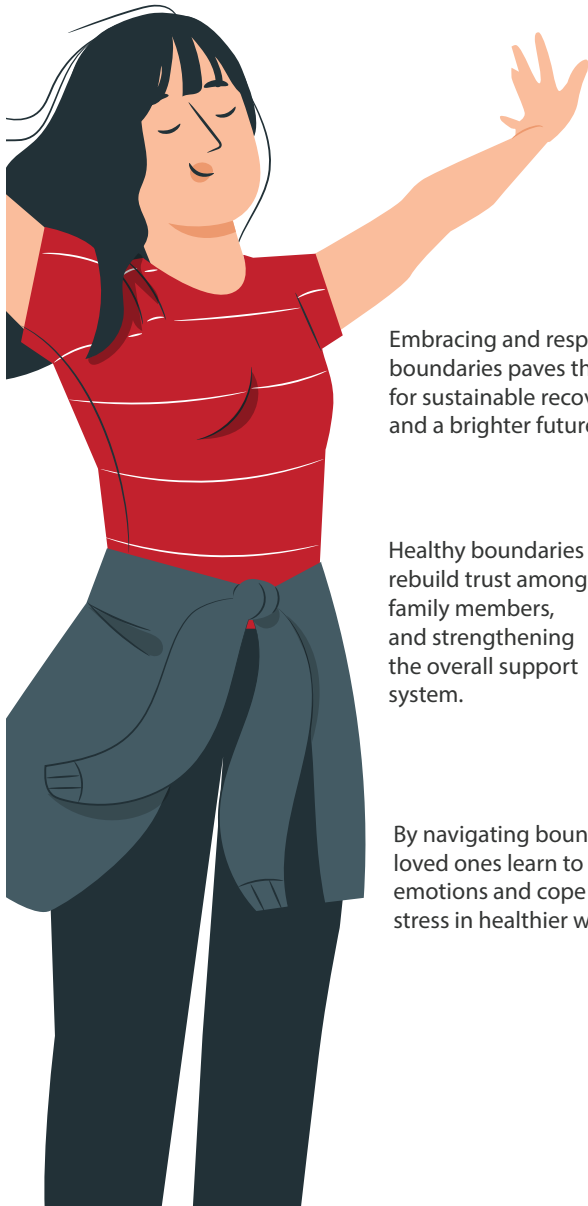
Failing to enforce boundaries significantly impedes the addicted person's recovery process, as they never benefit from the full impact of their actions and the attendant need to change.

**CODEPENDENCY**



Not following through with boundaries fosters unhealthy codependent relationships, where family members feel responsible for the addicted person's well-being, leading to worsening stages of relapse.

» **WHAT HEALTHY BOUNDARIES LEAD TO**



Boundaries promote self-responsibility, empowering the loved one to take charge of their actions and choices.

Embracing and respecting boundaries paves the way for sustainable recovery and a brighter future.

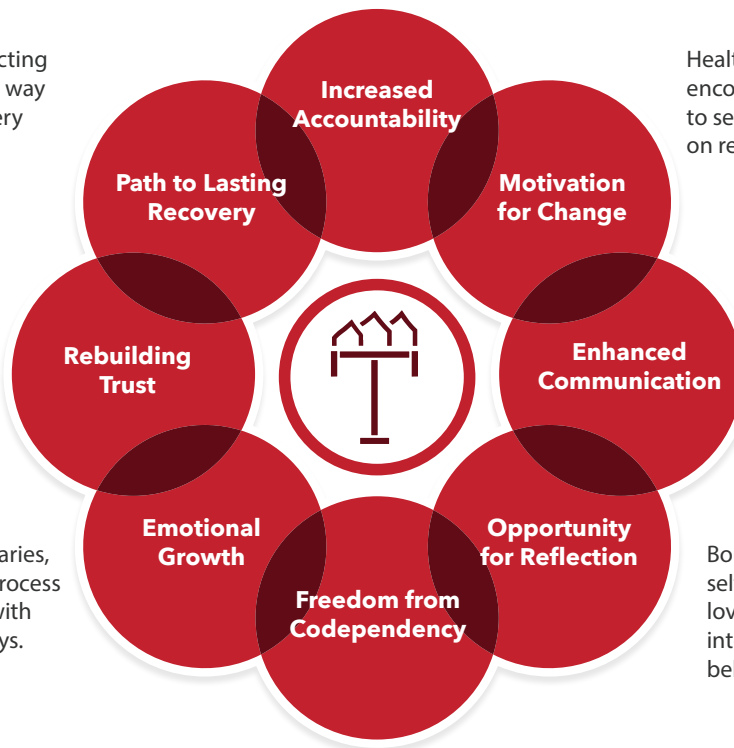
Healthy boundaries rebuild trust among family members, and strengthening the overall support system.

By navigating boundaries, loved ones learn to process emotions and cope with stress in healthier ways.

Healthy boundaries encourage the loved one to seek help and embark on recovery.

Open discussions about boundaries foster better communication and understanding between family members.

Boundaries allow time for self-reflection, helping the loved one to gain insights into their addictive behaviors.



Breaking enabling patterns liberates the loved one from the burden of codependent relationships.