WHAT IS AN ENABLER IN ALCOHOLISM?

BEHAVIOUR ALLOWING ALCOHOL ADDICTION TO CONTINUE UNCHALLENGED

MAKING EXCUSES

Making excuses for problematic behaviour or covering up negative actions.

AVOIDING CONFRONTATION

Avoiding confronting them about addiction.

PROVIDING MONEY OR RESOURCES

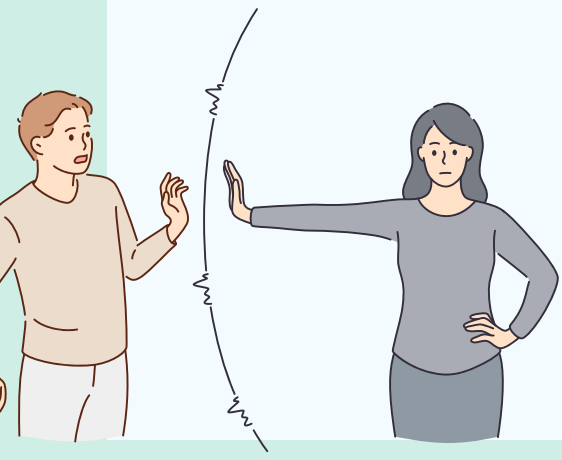
Giving financial or other assistance that allows the long term addiction to continue.

LYING

Lying to others on behalf of the addict, covering up addiction to friends, family or even employers.

ASSUMING THEIR RESPONSIBILITIES

Taking on domestic and professional responsibilities, including paying bills, childcare or cleaning the house.



OVERCOMING ENABLING

Set boundaries, hold them accountable, make consequences clear, encourage them to seek help.

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