

*Making enablement conscious & visible*

Name \_\_\_\_\_

Date \_\_\_\_\_

**ENABLEMENT REVIEW-1**

Please respond to the statements below with the appropriate response to the right.

*“Enablement” is — Doing things for another they could or should do for themselves; supporting them financially beyond an age appropriate level; allowing them to stay in residence even though they break rules or boundaries or use drugs/alcohol self-destructively or in ways that harm others; over-functioning or doing their work for them.*

Strongly Agree      Agree      Not Sure      Disagree      Strongly Disagree

1. I have one or more members of my household that I am enabling	SA	A	NS	D	SD
2. My motive for enabling is that I fear the loss of the relationship with the person I am enabling or the loss of their presence in my household	SA	A	NS	D	SD
3. My motive for enabling is that I fear the person I am enabling will harm me or retaliate against me if I don't enable	SA	A	NS	D	SD
4. My motive for enabling is that I don't trust the other is able to take care of themselves	SA	A	NS	D	SD
5. My motive for enabling is that I am terrified of what will happen to the other if they don't live with me or I am not able to "control" what they do	SA	A	NS	D	SD
6. My motive for enabling is that I feel guilty if I don't do the things I am doing	SA	A	NS	D	SD
7. A current or former romantic partner or spouse is strongly opposed to my enablement or how I parent	SA	A	NS	D	SD
8. I enable by doing for others what they could or should do for themselves	SA	A	NS	D	SD
9. I enable by giving financial support to the person I am enabling	SA	A	NS	D	SD
10. I enable by not insisting the rules of my residence are followed	SA	A	NS	D	SD
11. I enable by not insisting that others make fair contributions to the household through rent, chores or other means	SA	A	NS	D	SD
12. I enable by protecting others from the consequences of their own choices and actions	SA	A	NS	D	SD
13. I am enabling by allowing the self-harmful use of drugs and/or alcohol in my residence	SA	A	NS	D	SD
14. I am enabling by directly or indirectly supporting the self-harmful use of drugs and/or alcohol in my residence	SA	A	NS	D	SD
15. Even though I do some of these things to enable, I also scold them for doing the very things I enable	SA	A	NS	D	SD
16. I often try to use power where I don't have it and fail to use it where I do	SA	A	NS	D	SD
17. I don't think that my enablement is harmful	SA	A	NS	D	SD