

# Enabling And Intervention

## ENABLING

"Unwittingly allowing the illness to progress to later and more serious stages by preventing the dependent person from experiencing the consequences of his/her harmful chemical use."

If one wishes to enable one will:

(Knowledge)

1. See the CD's use as the same as other's use, differing only in degree.
2. Think the CD is fully aware of his own using behavior and its consequences for him and others; believe that he has "insight" into his condition.
3. Think the CD has control over his use, and can change his using and related behavior by himself through willpower, reason, etc., simply by deciding to do so.
4. Believe the CD's using and related behavior can be "fixed" or manipulated in to more desirable behavior by the enabler.

(Feelings/Attitudes)

5. Feel responsible for the CD's use and behavior; blame self, feel inadequate.
6. Feel anger, hostility, and frustration toward the CD due to the inability of either to control use and its consequences.
7. Avoid one's own feelings and reactions with defenses. (Stuffing of feelings)
8. Derive good feelings from own reactions to CD's behavior: superiority, martyrdom, self-righteousness, avoidance/withdrawal, etc.

## INTERVENTION

"The process by which a career pattern of chemical dependency is interrupted in a manner intended to bring about change."

If one wishes to intervene one will:

(Knowledge)

1. Understand that individual's use is symptomatic of the illness of chemical dependency, differing in kind from other's use.
2. Realize that the CD is sincerely deluded by: defenses, enabling, blackouts, repression and euphoric recall; and has little or no "insight" into his true condition.
3. Recognize that the CD has lost control over his use and it's consequences, and requires outside help.
4. Realize that no one can control the CD's behavior, and that one's own life has become unmanageable.

(Feelings/Attitudes)

5. Feel responsible for own feelings and behavior only.
6. Have similar feelings but express them in a manner designed not to provoke CD's defensiveness.
7. Face one's own feelings and will express them to the CD.
8. Derive good feelings from dealing with self.

## Actions

9. Moralize/judge the CD; blame the CD for own feelings and circumstances; make the CD responsible for the enabler's feelings.
10. Deny that the CD is alcoholic/dependent, minimize the severity of chemical dependency and its effects.
11. Take responsibility for the CD: take on duties, accept blame, justify the CD's behavior to others.
12. Protect the CD from the consequences of their using and of their behavior. (lying, covering up, protecting image)
13. Reason with the CD.
14. Wait, endure.
15. React to the CD's behavior as it occurs.
16. Confront with generalities, opinions and judgments.
17. Express vague, general demands for CD to change in a way that provokes denial; makes empty, unrealistic threats.
18. Not follow through on threats focused on CD.

## Actions

9. Maintain a tone of care and concern; focus on one's own feelings without blaming; be responsible for one's own feelings and behavior.
10. Accept dependency as an illness; be in touch with effects of CD on self.
11. Exercise responsibility to oneself and to the CD; expect the CD to be responsible for his own behavior.
12. Confront the CD with using and its consequences and will hold the CD responsible for choices among alternatives.
13. Not allow the CD to rationalize, etc. and will not react when or if they do.
14. Confront the CD with fact and state the necessity for action.
15. Take action.
16. Respond to the CD's situation in a planned and structured way.
17. Confront with facts, details.
18. Present concrete choices among alternatives for action; consequences of failure to act are concrete and realistic.
19. Hold CD responsible by following through with consequences motivated