

## ENABLING

Enabling is defined as reacting to a person in such a way to shield him or her from experiencing the full impact of the harmful consequences of behavior. Enabling behavior differs from helping in that it permits or allows the person to be irresponsible.

- PROTECTION from natural consequences of behavior.
- KEEPING SECRETS about behavior from others in order to keep peace.
- MAKING EXCUSES for the behavior. (School, friends, legal authorities, work, family members.)
- BAILING OUT of trouble. (Debts, fixing tickets, paying lawyers, providing jobs.)
- BLAMING OTHERS for dependent person's behavior. (Friends, teachers, employers, family, self.)
- SEEING THE PROBLEM AS THE RESULT OF SOMETHING ELSE. (Shyness, adolescence, loneliness, child, broken home.)
- AVOIDING the dependent person in order to keep peace. (Out-of-sight, out-of mind.)
- GIVING MONEY THAT IS UNDESERVED/UNEARNED.
- ATTEMPTING TO CONTROL. (Planning activities, choosing friends, getting jobs.)
- MAKING THREATS that have no follow through or consistency.
- TAKING CARE OF the dependent person. (Doing what he/she should be expected to for themselves.)

Love is a Choice: The Definitive Book on Letting Go of Unhealthy Relationships

*By: Dr. Robert Hemfelt, Frank Minirth M.D., and Dr. Paul Meier*

There is no joy in doing everything for another and calling it love. Even if you believe you are making intelligent choices. *It's simpler to do it myself! He needs my help! I just want to keep the peace! If I don't do it, no one will!* The burden of codependency will cause untold misery in your life and in the lives of your family members. Is codependency at the root of your unhappiness? Let the doctors Of the Meier New Life Clinic and The Minirth Clinic walk you through their ten proven stages to recovery from codependency, introducing a new dimension: the important stage of seeing God's unconditional love as the answer to your deepest emotional needs and your hunger for love.