

**FAMILY
PROGRAM**

How to Change Enabling Behaviors

**Livengrin
supports both
patient and
family**

**Effective
Communication:**

Always use “I”
statements: “I Think”,
“I Feel”, “I Hear”

Avoid demanding
words: “Should”,
“Must”, and “Have”

Be mindful
of nonverbal
communication:
body language and
facial expressions

Replace the word
“But” with “And”

When we begin to identify and change our behaviors, they don't just disappear all at once. Recovery and changing takes time and practice—lots of practice.

DO:

- Create a safe environment
- Provide positive reinforcement and offer encouraging feedback
- Remind them of why they stopped using and what they were like prior to use
- Develop a contract together
- Attend at least one 12-step meeting with or without them
- Allow them to know how you are feeling
- Encourage them to be honest with others about their addiction
- Realize you do NOT have to be a 24/7 on-call support system
- Approach them if you suspect relapse
- Have boundaries: set them, verbalize them, and follow through with them

DO NOT:

- Make excuses or lie to others
- Continue useless arguments
- Clean up their messes
- Bail them out of jail
- Pay bills you are not responsible for in areas that do not affect your basic well-being
- Make threats you are not 100% willing to back up
- Play detective: follow them to meetings, destroy your property searching for evidence
- Make their doctor's appointments, Do their laundry