

First Things First

Enabling behaviors are those that help the alcoholic / addict remain helpless. They are behaviors we have towards the alcoholic / addict that actually provide the means for them to continue in their using lifestyle by “trying” to protect them from the consequences of that lifestyle. They are behaviors that hinder recovery.

Insanity is doing the same thing over and over again (such as enabling), while expecting or hoping for different results.

Your focus on what “you think” another "should" do (when they don't) is what brings you resentment / frustration. *If you want change, you change the way you interact with them.*

"The change you wish to see in the world starts with you."

Mahatma Gandhi

The Three C's of Alanon are:

- 1) You didn't cause it
- 2) You can't control it
- 3) You can't cure it

But you can contribute to it by enabling