

Lies That Justify Enabling Behaviors

- 1) It is within my power to change you.
- 2) It is up to me to help you avoid pain.
- 3) I protect you because I love you.
- 4) I am in charge of how my child interprets their life situations.
- 5) I am responsible for my child's self esteem.
- 6) My child uses mood altering chemicals because they have low self esteem.
- 7) My child should have every advantage or I've handicapped them.
- 8) Fighting/conflict in the family means I am not a good parent.
- 9) I cannot say "no" because you might not think I love you.
- 10) My child needs me to be a friend.
- 11) My rescuing behaviors keep you safe from harm.
- 12) If I do not rescue you, I am abandoning you.
- 13) When I rescue you, my life is easier.
- 14) I can love you into sobriety.
- 15) If I make your life easier, it might help you stay sober.

From the book:
Healing the Wound,
The Family's Journey through Chemical Dependency
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