

SUPPORT or ENABLE?

Helpful behaviors can slip into harmful ones. Can you tell the difference?

SUPPORT

Encourage change

Offer positive reinforcement for positive steps, while letting the person arrive at decisions.

Set boundaries

Communicate clear limits, and follow through with consequences.

Offer resources

Suggest helpful tools, therapy, & meetings, giving the person space to decide.

Hold accountable

Respectfully address concerns without shaming, and request changes in behavior.

ENABLE

Rescue repeatedly

Cover up the person's behavior long-term or deny there's a problem

Avoid conflict

Bend rules to prevent anger or discomfort, then feel resentment

Do too much

Find solutions, contact services, or problem-solve without involving the person.

Excuse actions

Ignore, dismiss, or rationalize worrisome conduct

SELF CHECK

- Why am I doing this?
- Is this fixing a current problem, or delaying impact?
- Can I live with this long-term?

TIPS FOR SUPPORT

- Respect their timing.
- Prioritize your own well-being.
- Stay informed: Learn, ask questions.