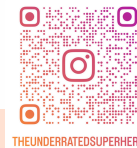


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THEUNDERRATEDSUPERHERO

Support
(Healthy
Helping)

SUPPORT VS. ENABLING: HOW TO HELP WITHOUT HARMING

Enabling
(Unintended
Harm)

Encourages personal
responsibility

Covers up, makes excuses, or
protects from consequences

Sets healthy boundaries

Avoids setting limits out
of guilt or fear

Provides emotional support
without fixing everything

Rescues the person from
every crisis

Helps them find treatment
or professional help

Believes "they'll figure it
out on their own"

Encourages independence
and accountability

Provides money, shelter, or
resources that support substance
use

Supports progress, even
small steps

Ignores or downplays
problematic behavior

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