

INTERVENTION WEBINAR

How Enabling Hurts the Whole Family

 Starting Soon



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Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

How Enabling Hurts the Whole Family

What Enabling Really Is

- Enabling is not love, support, or protection
 - It removes consequences and accountability
 - It makes the problem more comfortable, not more solvable
 - Most enabling is driven by fear, guilt, hope, and shame
 - The real issue is rarely what we do — it's why we do it
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Why Families Enable

- Guilt over past mistakes or family secrets
 - Fear of abandonment, jail, death, or being hated
 - Hope that “this time will be different”
 - Belief that without help, things will spiral
 - A distorted sense of responsibility for someone else’s choices
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The Illusion of Protection



- Comfort feels protective, but it delays change
 - Shielding someone from consequences:
 - Reduces urgency
 - Reinforces denial
 - Increases long-term risk
 - Helping someone stay sick is not keeping them safe
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Enabling Reshapes the Entire Family

- All attention flows toward one person
 - Other family members adapt to survive
 - Dysfunction fills the imbalance
 - Unhealthy roles form unconsciously
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Common Dysfunctional Family Roles

- **Hero** – Fixer, perfectionist, needs control and credit
 - **Scapegoat** – Acts out to be seen and heard
 - **Lost Child** – Withdraws, fades, wants to be noticed
 - **Mascot** – Uses humor to mask pain
 - **Martyr** – Lives in victimhood, resists solutions
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Why Enabling Blocks Change



- No one recovers because they were made comfortable
 - Enabling keeps loved ones stuck in indecision
 - Comfort prevents urgency and ambivalence
 - “One last time” resets the entire cycle
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Detachment is Not Abandonment

- Detachment is separating from chaos, not love
 - You can love someone and disapprove of their behavior
 - Boundaries allow consequences to teach
 - Detachment restores clarity and self-respect
 - Detachment creates space for real change.
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The Cost of Enabling the Family



- Emotional, mental, and physical exhaustion
- Chronic anxiety, resentment, and burnout
- Financial depletion and instability
- Loss of peace, identity, and connection

**If nothing changes, *nothing* changes.
Family healing begins when enabling stops.**

Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
