

# QUICK ENABLING ASSESSMENT

## 5-Minute Family Self-Check

*From the Loving Lions Family Support Platform  
Based on Michael Wilson's "Loving Lions" Approach  
Professional Support: East Point Behavioral Health (855) 887-6237*

## PURPOSE

This quick assessment helps families identify if they might be unintentionally enabling addiction through well-meaning support. Michael Wilson teaches that true love sometimes requires allowing difficult consequences while maintaining emotional support.

**Time Required:** 5 minutes

**Follow-up:** Professional consultation recommended if concerns identified

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## QUICK ENABLING CHECK

**Rate each statement: Never (0), Sometimes (1), Often (2), Always (3)**

### Financial Patterns

- We regularly pay bills they should handle themselves
- We give money even when we suspect substance use
- We prevent financial consequences of their choices
- We pay for non-essentials to "help them feel better"

**Subtotal:** \_\_\_/12

### Emotional Patterns

- We make excuses for their behavior to others
- We avoid difficult conversations about addiction
- We drop everything to help during every crisis
- We comfort them without requiring accountability

**Subtotal:** \_\_\_/12

### Practical Patterns

- We handle responsibilities they should manage
- We provide housing without sobriety requirements
- We adapt our family schedule around their addiction
- We avoid situations where they might be confronted

**Subtotal: \_\_\_/12**

### **Communication Patterns**

- We threaten consequences we don't follow through on
- We accept their explanations without questioning
- We have the same conversations repeatedly without change
- We express more hope for their recovery than they do

**Subtotal: \_\_\_/12**

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## **YOUR RESULTS**

**TOTAL SCORE: \_\_\_/48**

### **Score Interpretation:**

- **0-12:** Minimal enabling patterns - Continue current approach with awareness
- **13-24:** Moderate enabling - Consider boundary adjustments and professional guidance
- **25-36:** Significant enabling - Professional support recommended immediately
- **37-48:** Severe enabling - Comprehensive family intervention needed

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## **IMMEDIATE NEXT STEPS**

### **If Your Score is 13 or Higher:**

#### **1. Professional Consultation**

- Contact East Point Behavioral Health: (855) 887-6237
- Discuss your specific situation and enabling patterns
- Develop family-specific boundary strategies

#### **2. Emergency Boundaries**

- Stop providing money without recovery requirements
- Avoid rescuing from natural consequences

- Begin recovery-focused communication only

### **3. Family Education**

- Learn the difference between helping and enabling
  - Understand how enabling prevents recovery motivation
  - Develop healthy support strategies
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## **KEY MICHAEL WILSON PRINCIPLES**

**"True love supports the person while refusing to support the addiction."**

### **The Loving Alternative:**

- **Instead of:** Paying bills to prevent consequences
  - **Try:** "We love you and will support recovery efforts. What treatment steps are you taking?"
  - **Instead of:** Making excuses for their behavior
  - **Try:** "We cannot cover for addiction choices, but we're here when you're ready for recovery."
  - **Instead of:** Providing comfort without accountability
  - **Try:** "We love you. What recovery actions are you taking to change this situation?"
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## **PROFESSIONAL SUPPORT AVAILABLE**

### **East Point Behavioral Health Services:**

- Family addiction counseling and education
- Enabling behavior modification strategies
- Recovery-focused family therapy
- Crisis intervention and safety planning
- Insurance verification and coordination

**Contact: (855) 887-6237**

### **Crisis Protocol:**

- **Immediate Crisis:** 988 (mental health) or 911 (medical/safety)
- **After Crisis:** East Point for family support and treatment coordination
- **Ongoing Support:** Regular family counseling and education

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# REMEMBER

## Enabling vs. Supporting:

- **Enabling** removes consequences and prevents learning
- **Supporting** encourages recovery while allowing natural consequences
- **Love** sometimes means saying no to requests that support addiction
- **Hope** is maintained through recovery actions, not empty promises

## This Quick Assessment is Step 1

For comprehensive enabling evaluation and family-specific boundary planning, professional consultation provides personalized strategies for your unique situation.

## Professional tools available include:

- Complete 160-point Enabling Assessment
- Financial Boundary Setting Guide
- Healthy Support Strategies Worksheet
- Codependency Recovery Planning

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*This quick assessment provides initial guidance for family education. It does not replace professional consultation. For immediate crisis situations, contact 988 (mental health) or 911 (medical emergency), followed by East Point Behavioral Health coordination.*

**Based on Michael Wilson's "Loving Lions" approach to family addiction support.**