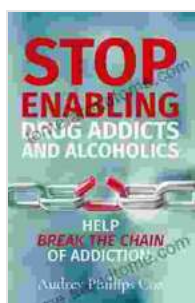


Stop Enabling Drug Addicts And Alcoholics: A Comprehensive Guide to Setting Boundaries and Taking Back Your Life

Are you tired of enabling your loved one's drug or alcohol addiction? Do you feel like you're walking on eggshells, afraid to say or do anything that might set them off? If so, you're not alone. Millions of people around the world are struggling with the same problem.



Stop Enabling Drug Addicts and Alcoholics: Help break the chain of addiction by Audrey Phillips Cox

★★★★☆ 4.2 out of 5

Language : English
File size : 887 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 113 pages
Lending : Enabled



But there is hope. In this book, you'll learn how to set boundaries, take back your life, and help your loved one get the help they need.

What is enabling?

Enabling is any behavior that allows or encourages someone to continue their addiction. It can be anything from giving them money to bail them out

of trouble, to lying for them to their boss, to simply ignoring their addiction and pretending it doesn't exist.

Enabling is often motivated by love and compassion. We want to help our loved ones, and we don't want to see them suffer. But in the long run, enabling only makes the problem worse.

Why do people enable?

There are many reasons why people enable addiction. Some of the most common include:

- **Guilt:** We may feel guilty for our loved one's addiction, and we may believe that enabling them is the only way to make things right.
- **Fear:** We may be afraid of what will happen if we don't enable our loved one. We may worry that they will get angry, violent, or even hurt themselves.
- **Love:** We may simply love our loved one so much that we can't bear to see them suffer. We may believe that enabling them is the only way to keep them in our lives.

The consequences of enabling

Enabling addiction has serious consequences, both for the addict and for the enabler. For the addict, enabling can:

- **Delay or prevent recovery:** By enabling the addict, we are making it easier for them to continue their addiction. This can delay or even prevent them from getting the help they need.

- **Increase the risk of relapse:** Even if the addict does get into recovery, enabling can increase the risk of relapse. When the addict knows that they can always count on us to bail them out, they are less likely to take their recovery seriously.
- **Lead to death:** In the worst cases, enabling can lead to death. If the addict overdoses or gets into an accident, the enabler may be held legally responsible.

For the enabler, enabling can also have serious consequences:

- **Emotional distress:** Enabling addiction can take a toll on our emotional health. We may feel stressed, anxious, and depressed.
- **Financial problems:** Enabling addiction can also lead to financial problems. We may spend our own money to bail out the addict, or we may lose our job because we are too preoccupied with their addiction.
- **Relationship problems:** Enabling addiction can also damage our relationships. We may argue with our loved ones about the addict, or we may lose friends who are tired of dealing with the situation.

How to stop enabling

If you are enabling someone's addiction, it is important to stop. The first step is to recognize that you are enabling. Once you have done that, you can start to take steps to change your behavior.

Here are some tips for stopping enabling:

- **Set boundaries:** The first step to stopping enabling is to set boundaries. This means letting your loved one know that you will no

longer tolerate their addiction. You may need to limit your contact with them, or you may need to refuse to give them money or bail them out of trouble.

- **Take care of yourself:** It is important to take care of yourself when you are stopping enabling. This means eating healthy, getting enough sleep, and exercising regularly. You may also want to consider talking to a therapist or counselor.
- **Get support:** There are many resources available to help you stop enabling. You can talk to your doctor, a therapist, or a support group. You can also find online resources and books.

Helping your loved one get help

Once you have stopped enabling, you can start to help your loved one get the help they need. Here are some tips:

- **Encourage them to seek professional help:** The best way to help your loved one get sober is to encourage them to seek professional help. This may involve going to rehab, seeing a therapist, or attending support groups.
- **Be supportive:** It is important to be supportive of your loved one during their recovery. This means being there for them when they need you, and offering encouragement and hope.
- **Don't give up:** Recovery from addiction is a long and difficult process. There will be setbacks along the way. But it is important to don't give up on your loved one. Keep encouraging them, and be there for them when they need you.

Enabling addiction is a serious problem, but it is one that can be overcome. By setting boundaries, taking care of yourself, and getting support, you can stop enabling and help your loved one get the help they need.

Remember, you are not alone. There are millions of people around the world who have been through the same thing. There is hope. You can stop enabling, and you can help your loved one get sober.



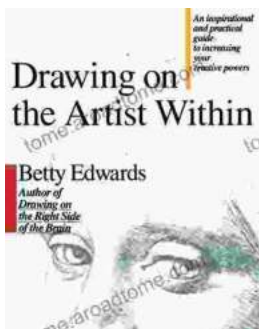
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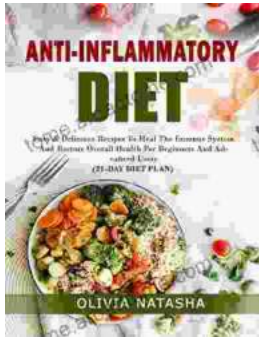
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