

Am I Enabling? – Self-Check Worksheet

Instructions: Read each question carefully. Check “Yes” or “No.”

Then use the reflection section to set new boundaries.

Part 1: Identifying Enabling Behaviors

1. Have I ever lied or covered for my loved one’s behavior to protect them?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. Do I give them money, even when I know it might go to drugs, alcohol, or other destructive behaviors?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Have I paid their bills, rent, or bail to “keep them afloat”?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Do I clean up their messes (physical, emotional, or relational) so others don’t see the consequences?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Have I excused their actions because “they’re sick” or “they’ve been through a lot”?	<input type="checkbox"/> Yes <input type="checkbox"/> No
6. Do I feel more like their rescuer than their spouse, parent, sibling, or friend?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Have I sacrificed my own mental, emotional, or financial health to keep them comfortable?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered Yes to two or more, you may be enabling instead of helping.

Part 2: Healthy Alternatives

Circle at least two you can start practicing this week:

- I will let natural consequences happen.
- I will set one clear boundary and stick to it.
- I will refuse to give money but will offer food or transportation.
- I will encourage recovery steps instead of rescuing.
- I will seek support for myself (group, counselor, mentor).

Part 3: Reflection

- What enabling behavior do I need to stop today? _____
- What healthy boundaries can I set in its place? _____
- How will I remind myself that boundaries are love, not abandonment? _____

Part 4: Prayer/Commitment (Optional)

“God, give me wisdom to know the difference between helping and rescuing. Give me courage to love with truth, not fear. Help me trust You with the one I love.”