Enabling Worksheet

By Peggy L. Ferguson, Ph.D.

My Enabling Behavior	My Motives/Thoughts	My Feelings at the Time	How My Enabling Hurt Me/Made My Life Unmanagable
Ex: Gave son a job when he couldn't keep one	If he has a job, he can have more self-confidence and less stress to drink/use over.	Fear, helpless	He was unreliable at work. Business suffered.

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