

AM I AN ENABLER?

(Just a few examples but you get the idea)

1. Do I make excuses for the addict/alcoholic when he/she misses a responsibility?
2. Have I bailed him/her out of jail after being arrested for a using related offense?
3. Have I called into work for him/her when they were unable to go to work because of the effects of their using?
4. Do I refuse social invitations because I am afraid of how he/she will act?
5. Have I cleaned up after him/her?
6. Have I paid expenses for him/her when they are unable because of their using?
7. Do I make excuses for him/her when they do not follow through on a promise or commitment?
8. Do I avoid talking about the problem because I am afraid it will make him/her drink?
9. Do I blame someone else when he/she gets into trouble (at work, at a party)?
10. Do I drink or use with him/her so they won't feel badly about not being at home?

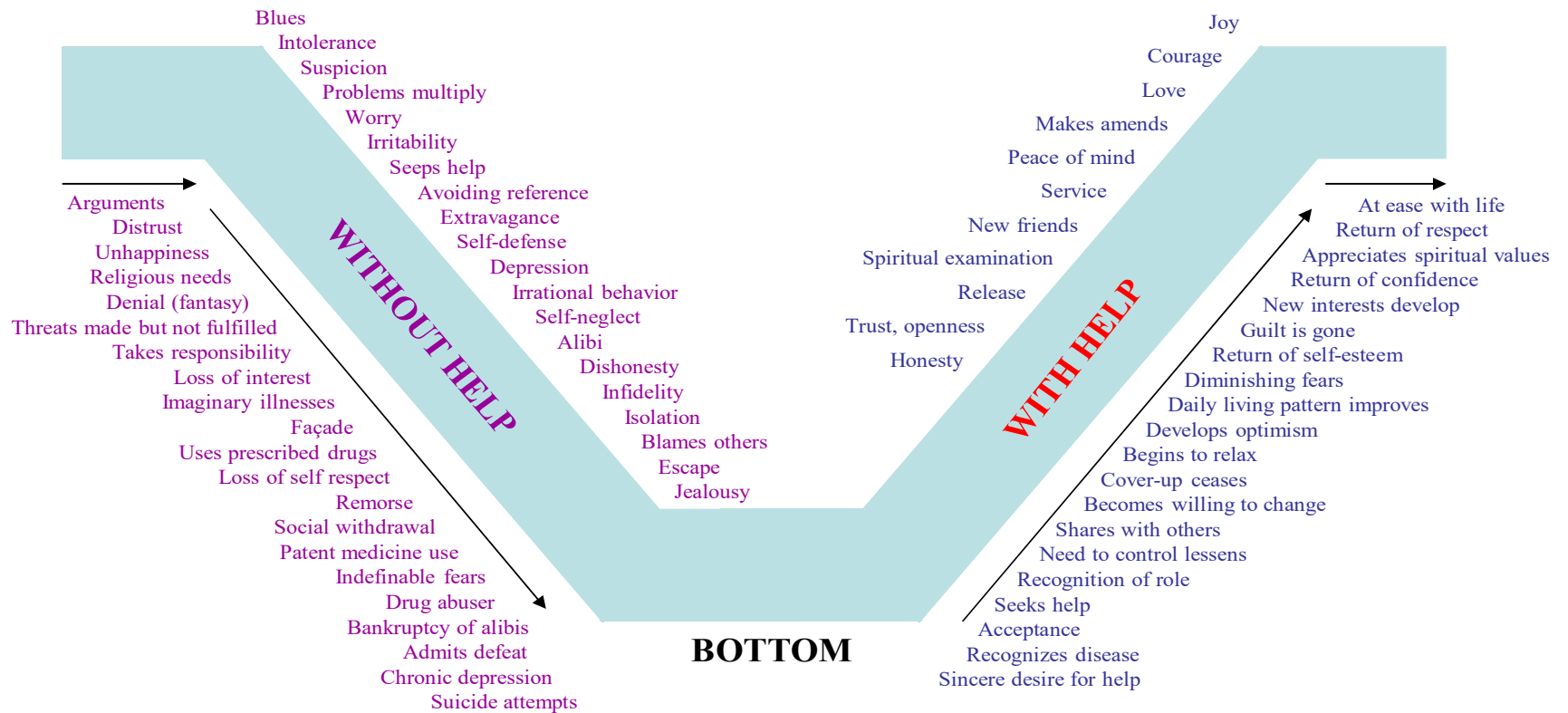
Recommended resource for supporting a loved one's recovery:

For additional information and resources see Jeff and Debra Jay's "Love First" web site. You'll find information about intervention, structured family recovery, recovery mentoring, articles, tools, checklists, resources, recommended reading, frequently asked questions, a bookstore, instructional and informative videos you can watch on line for free, information about training for clinicians, and a page for contacting Jeff and Debra Jay. See: <http://www.lovefirst.net>.

Additional Recommended Reading:

- **Addict In The Family: Stories of Hope, Loss and Recovery** by Beverly Conyers
- **Adult Children of Alcoholics** by Janet Woititz
- **Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence** by Debra Jay
- **Another Chance: Hope and Health for the Alcoholic Family** by Sharon Wegscheider-Cruse
- **At Wit's End: What You Need to Know When Your Loved One Is Diagnosed with Addiction and Mental Illness** by Jeff Jay and Jerry Boriskin
- **Codependent No More** by Melody Beattie
- **Don't Let Your Kids Kill You** by Charles Rubin
- **Everything Changes** by Beverly Conyers
- **From Survival To Recovery: Growing Up in and Alcoholic Home** by Al-Anon Family Groups
- **It Takes A Family: A Cooperative Approach to Lasting Sobriety** by Debra Jay
- **Kid's Power Too: Words To Grow By** by Cathy Brown, Jerry Moe and Betty LaPorte
- **Love First** by Debra Jay and Jeff Jay
- **Lives At Risk: Understanding and Treating Young People With Dual Disorders** by Hilary Rygiewicz and Bert Pepper
- **My Daddy Loves Me, My Daddy Has a Disease** by Claudia Black
- **No More Letting Go** by Debra Jay
- **Opening Our Hearts, Transforming Our Losses** by Al-Anon Family Groups
- **Pleasure Unwoven** DVD by the Institute for Addiction Study. Kevin McCauley MD
- **Recovering My Kid** by Joseph Lee, MD
- **Straight Talk** by Claudia Black

FAMILY RECOVERY



CSAP Center for Substance Abuse Prevention
 Substance Abuse and Mental Health Services Administration

Prepared by
NCAP National Center for the Advancement of Prevention
 Center for Substance Abuse Prevention

Addiction and Recovery

The Jellinek Curve

