

# AM I AN ENABLER?

Read the statement and check each applicable box. This quiz is not a diagnostic tool but a self-assessment of your possible risk factors. Call Purpose Healing Center at 480.579.3319 to get help.

- 1) I make excuses for my loved one's behavior.
- 2) I quickly deny/downplay their struggles with drugs or alcohol.
- 3) I've bailed them out of legal or financial troubles at least once.
- 4) I fear confronting the person about their behaviors or actions.
- 5) I ignore the signs of addiction or pretend they don't exist.
- 6) I sometimes put their well-being ahead of mine.
- 7) I've given them money or depleted my own resources to help.
- 8) I'm afraid setting boundaries will anger them.
- 9) I feel personally responsible for their happiness or well-being.
- 10) I'm a problem solver for this person.
- 11) I rationalize the person's behavior to myself or others.
- 12) I've aided the person, even if it helped them get high or drunk.

## ***ARE YOU AN ENABLER?***

The more items you checked, the more likely it is that you're enabling addiction. Please reach out to our team if several of these signs are present.



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