

Tool 12.1: Who are you helping?

Date:

As we've covered before, behavior almost always makes sense in some way. Long-term damage can come from short-term wins. We may think we're helping others when we're really helping ourselves. Examine some of your ways of helping from this common list.

	Helps them?	Helps you?
Paying bills your loved one should have paid		
Avoiding talking about addictive behaviors		
Letting your loved one avoid talking about addictive behaviors		
Threatening a protective boundary action but not following through		
Waking your loved one for work or school		
Pleading with your loved one to change their behaviors		
Paying legal fees or bail		
Helping find items lost due to addictive behavior		
Avoiding or postponing plans with friends or family		
Cutting back on your own expenses to compensate for your loved one		
Accepting lies or excuses from your loved one		
Being physically or emotionally abused		

Normalizing your loved one's behavior to others		
Keeping your loved one's behavior a secret		
Other:		
Other:		
Other:		
Other:		
Now reflect: Which kinds of helping are long-term fixes? For you? For your loved one? Following this exercise, consider doing a cost-benefit analysis on behaviors you'd like to change.		