

Increase Self-Awareness

1. How has your loved one's addiction impacted your life and well-being? Explore both positive and negative effects.

2. What emotions do you experience when interacting with your loved one? Are there specific triggers that intensify these emotions?

3. How has your relationship with your loved one changed since their addiction began? Reflect on any shifts in dynamics, boundaries, or patterns of behavior.

4. Have you noticed any enabling behaviors or codependent tendencies within yourself? The following are common examples of enabling behaviors:

- Making excuses for the addict's behavior
- Ignoring or minimizing the severity of the addiction
- Taking on responsibility for the addict's actions
- Providing financial support without clear boundaries or conditions
- Protecting the addict from natural consequences of their actions
- Neglecting your own needs and emotions to prioritize the addict's needs
- Covering up or lying about the addict's behavior to avoid embarrassment
- Blaming yourself for the addict's addiction or feeling responsible for their recovery
- Sacrificing personal boundaries and values to maintain a relationship with the addict
- Engaging in substance use together
- Avoiding conflict or difficult conversations to keep the peace within the family
- Believing that your love and support alone will make the addict change their behavior
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5. How do you feel about these behaviors? Are there any changes you'd like to make?

6. What self-care practices have you implemented to cope with the challenges of supporting someone with addiction? Describe what has worked well for you and identify areas where you might need to prioritize self-care more.

7. Reflect on any moments of hope, growth, or resilience that you have experienced during this journey. How have you been able to find strength in difficult circumstances?
