Blog

How Do I Stop Being An Enabler To My Childs Addiction Issues?

By Louisville Addiction Treatment Center

Addiction is a serious issue for many people all over the world. From drug and substance addiction to internet and gaming addiction, there is a wide variety of addictions that many people struggle with in their everyday lives. And if you're the parent of someone who is dealing with addiction, it could feel as if there is no way to help them.

What is an Enabler?

An enabler is someone who facilitates the abuse of drugs or alcohol. It is someone who does not prevent the person from abusing drugs and instead encourages it. An enabler can be a friend, family member, or even an addiction specialist. They are people who may be unaware of their role in the addiction process and therefore have to learn about it in order to help their loved ones recover from addiction.

Enablers can also be people that are close to the addict but do not know how to help them with their addiction. They often feel guilty for not being able to do anything about it, so they try to avoid them by withdrawing support and making excuses for why they cannot help them. They are often unaware of the resources available that can help and will try to do it themselves. If you're a parent and are enabling your child's addiction issues, you could do more harm than good.

Different Types of Addictions

Alcohol Addiction

Alcohol addiction is a disease that can cause a lot of damage to your physical, mental, and emotional health. It is important to know the signs of alcohol addiction and how it affects your life. Alcohol addiction is a disease that can lead to severe consequences if not treated properly. There are several factors that contribute to the development of this condition, including genetics, environmental factors, and personality traits.

Alcohol addiction can be characterized by tolerance and withdrawal symptoms. This means that the person needs more alcohol in order to feel normal again. The person may also start taking

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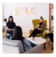
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risks while drinking or drinking more than they intended in order for them not to feel so bad about themselves when they sober up.

Drug Addiction

Drug addiction is a chronic and often relapsing disorder characterized by compulsive drug seeking and use, despite the harmful consequences. The most common type of drug addiction is to opioids, but there are many types of drugs that can lead to addiction. Some people who have an addiction might not even realize it because they're not getting the same high that they used to get from their drug of choice.

Drug addiction also affects personal relationships, work performance, and mental health. It can lead to depression, anxiety, or suicidal thoughts.

Internet Addiction

Internet addiction is a mental disorder that causes individuals to spend excessive time online, neglecting important aspects of their lives and relationships. People who are addicted to the internet may have difficulty controlling their impulses and can develop problems such as social anxiety or depression. They also may have a difficult time experiencing real life emotions and forming relationships with others.

Internet addiction is not just about checking social media, playing games, or watching videos on YouTube. It can happen when you're constantly on your phone browsing the internet for hours in order to avoid facing problems in your personal life that are difficult to deal with.

Video Game addiction

Video game addiction is a condition that can have devastating effects on your personal and professional life. It can affect your personal life in the following ways: emotional, physical, social, and financial. Video games can also cause a number of problems at work and school, such as decreased productivity, missed deadlines, and meetings. However, game addiction also has effects on personal relationships, such as friends or family members. Because of this, video game addiction is a growing problem in society today. It is estimated that 1-3% of people are addicted to video games.

How Can You Help Someone With Addiction?

If you believe you are enabling your child's addiction, there are a few things you can do to prevent this from continuing. Here are a few ways you can help:

Stop Actions That Enable Their Behavior

Some people believe that enabling is a valid and healthy way of coping with a loved one's addiction, but there are many consequences to this approach which should be taken into consideration. There is a risk that the addicted person will relapse and experience more difficulties as they progress through their struggles.

The biggest issue that happens is that you take actions that could ensure your child continues their addiction. You may not be aware that you are enabling your loved one's addiction; however, it's important to stop it when you realize your actions are causing damage to those you're looking out for.

Don't Make Excuses For Them

One of the most common ways to enable an addict is to make excuses for them. This could be as simple as saying, "I'm sorry, you're family," or "I know you're going through a tough time." An addict will often use this type of enabling behavior to convince themselves that they are not really addicted. They will use these excuses as a way of justifying their addiction and avoid any form of accountability.

So long as you are enabling your addict, you are just giving them the power to keep using. One way to stop enabling an addict is by not giving them excuses for their actions. It is also important to consider how often you make excuses for them in your life and why?

Help, But Don't Do Everything for Them

In the addiction world, it's not uncommon for people to feel like they need to do everything for their loved one. But this isn't always the best way to help them get better. Sometimes, it's better to let them have control over their own recovery process and not be too involved in every step.

There are many reasons why it is important to help an addict but not to do everything for them. One of the most important ones is that they are still responsible for their own actions and choices. It can be very discouraging when someone else acts as their therapist, when it makes them feel like they didn't make any choices or take responsibility for their own actions.

Try Not to Lend Money

Lending money to an addict is a common practice in many parts of the world. However, there are many consequences to this practice that people do not think about. The consequences of lending money to an addict include enabling their behavior. Enabling a future addiction relapse. Enabling the addict's lifestyle and enabling the addict's family members.

Some people might think that lending money to an addict is helping them get back on their feet and reenter society without having to go through rehabilitation or treatment. This is not true because it enables the behavior and leads them back into a life of addiction, which will have long-term consequences for everyone involved.

Don't Scold, Argue or Plead

It is important to understand that addiction is a complex disorder that can't be cured with one particular intervention. It is important for the addicted individual to have the willingness and desire to get help.

The person struggling with addiction needs time and space to heal. If you want them to seek help, then you need to give them this time and space by not arguing, scolding or pleading with them while they are in their most vulnerable state.

Many people think that if they argue, scold, or plead with an addict during their most vulnerable state, then they will be more likely to seek help. This is not true because it actually makes the addicted person feel like what they are doing is wrong and causes them more pain than good.

Set Boundaries and Stick To Them

Addiction is a hard thing to overcome and it can be a struggle to help someone who has an addiction. It's important to set boundaries and stick to them when you're helping someone with an addiction because it will help them in the long run.

Put yourself in their shoes. When you're addicted, you have a hard time controlling your thoughts and behavior. You might not think about the consequences of your actions because they are so overwhelming. You might not care if something bad happens because it will not compare to your feelings of relief or happiness that you get from using drugs or alcohol as much as possible.

Sticking to boundaries will help people with addictions in the long run by giving them structure and consequences for their actions, which will make it easier for them to stay on track for their recovery process. For example, giving them boundaries could help them should they need to take medication for their addiction.

Help Them To Seek Treatment

There is a lot of help out there for your child. They have the expertise needed to help with their addictions, so it's important that you reach out to them if you need help. There are some treatment services that offer inpatient and outpatient services. Remember that you don't have to struggle alone, and there is help out there that can help your child get on the road to recovery.

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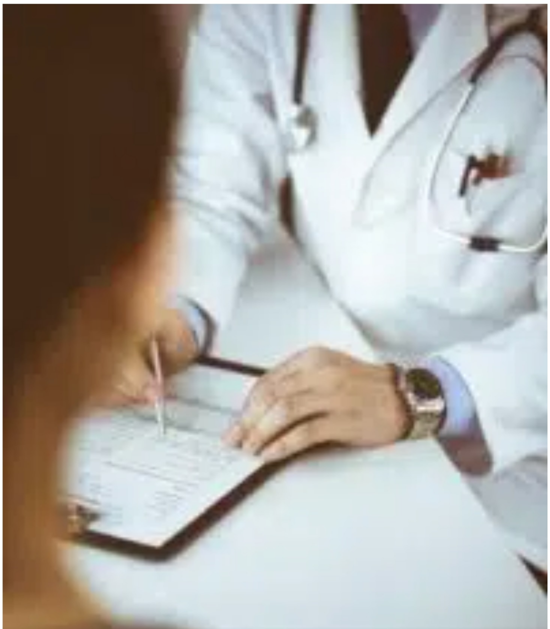

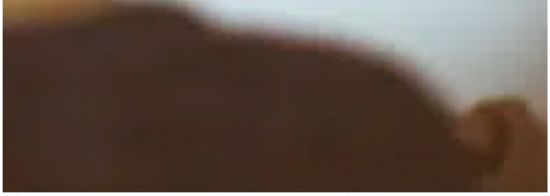

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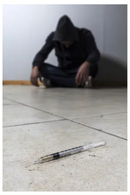

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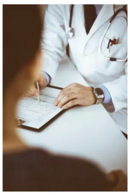

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