



QUESTIONNAIRE: ARE MY BEHAVIORS HELPFUL?



SMART
Family & Friends

The questions below are examples of behaviors that often serve to prevent someone from experiencing the natural consequences and repercussions of their choices to continue with the addiction rather than to choose recovery.

True or False?

- _____ Have you paid bills that your Loved One (LO) was supposed to have paid?
- _____ Do you avoid talking about your LO's drinking or drugging out of fear of the response?
- _____ Have you threatened to leave if your LO didn't stop drinking — and then did not leave?
- _____ Have you woken your LO so that she would not be late for work or school?
- _____ Have you explained (multiple times) to your LO that he **MUST** stop drinking/using?
- _____ Have you bailed your LO out of jail or paid her legal fees?
- _____ Have you ever helped your LO look for items he lost while drinking or using?
- _____ Have you ever avoided making plans to spend time with family or friends because you were concerned your LO's behavior would be unpleasant due to drugs or drinking?
- _____ Have you ever cut back on your own expenses due to your LO's substance use?
- _____ Do you believe your LO's lies — over and over?
- _____ Do you accept your LO's excuses?
- _____ Do you allow yourself to be physically or emotionally abused by your LO?
- _____ Do you make addictive behavior seem “normal” to your children?
- _____ Do you let your LO change the subject when you bring up their substance abuse problem?
- _____ Do you nag/plead/threaten your LO in an effort to inspire change?
- _____ Do you keep your LO's addiction a secret from others? To protect your LO? To protect other family members from the uncomfortable truth? To avoid feeling embarrassed for yourself?

*Your words may be to the contrary, as you scold, nag, beg, plead,
but your behavior shouts: “I'm here to make it easier for you.”*

~GYLOS

