

Do I Enable my Child(ren)?

1. Do I make excuses for their lack of follow through with responsibilities?
2. Do I allow my children to “get around” the consequences of their behavior?
3. Am I more stressed out and frustrated at their decisions than they are?
4. Do I hold myself responsible for their negative choices?
5. Have I conspired with my children to keep secrets about their behavior?
6. Do I avoid conflict with my children because it hurts my feelings when they get angry or upset with me?
7. Do I keep thinking over and over again that it will be different this time even though they keep making the same mistakes?
8. Do I argue repeatedly with my spouse or my child’s father or mother that they are too strict and should take it easy on my child?
9. Do I often back down on rules or consequences when my child gets upset?
10. Do I sometimes feel like it is simply easier to give in than fight with my child?
11. Do I work 10 times as hard as my child at making the right decisions for them?
12. Am I respected or manipulated by my child?

Questions to ask yourself.....

1. Who has control of my relationship with my child.....the child or me?
2. How does my child learn to make good decisions if I don't let them experience the consequences of their choices? How did you learn?
3. When you back down to your child, is this for your comfort or in the child's best interest?
4. What do I teach my child about the world when I am easily manipulated? Is this reality?
5. Does my child have the experience and knowledge to make decisions about drugs and alcohol for themselves?
6. How can I love and support my child and still hold them accountable for their behavior when it hurts to do so?
7. Is it ok for my child to be upset and angry with me?
8. Would I rather give my child consequences or allow the legal system to do it?