

Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

~ There is Always HOPE for Healing from all of life's Hurts, Habits & Hang-ups ~

We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

ENABLING

The Problem and Solution



 **MINISTRIES OF JESUS**
HEALING SPIRIT, SOUL & BODY

CELEBRATE RECOVERY

EVERY MONDAY NIGHT
HENDERSON HILLS BAPTIST CHURCH
1200 E. I-35 Frontage Rd., Edmond
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Enabling

Enabling may be defined as reacting to a person in such a way so as to shield him or her from experiencing the full impact of the harmful consequences of their behavior. Enabling differs from helping in that it allows the person to be irresponsible and to continue in their destructive behavior(s) often at the expense and detriment of ourselves and others.

Enablers see weaknesses &/or patterns of abuse in another, yet ignore it and thereby reinforce it. Enablers generally believe they are actually helping those they care about by preventing worst-case scenarios. Enablers may also fear rejection from their loved one if they do not yield to their demands, threats, emotion blackmail & opinions. Enablers may also take responsibility for other's actions, receive the blame and make accommodations for another person's harmful conduct &/or indecision.

Enabling Behaviors:

- **Protects** from natural consequences of behavior, choices & indecision.
- **Keeps secrets** in order to keep the peace.
- **Makes excuses & blames others** for negative behaviors (spouses, bosses, friends, coaches, teachers, legal authorities, other family members, the church, pastors, the government, ourselves).
- **Bails out of trouble** (Debts, tickets, lawyer fees, provides jobs).
- **Sees the problem as the result of something** else thereby perpetuating a victim mentality (Shyness, adolescence, abuse, illness, loneliness, middle child, broken home, low income, the weather).
- **Avoids certain** people & circumstances to keep the peace.
- **Gives money that is undeserved/unearned.**
- **Attempts to control & or fix the person/situation** (mettles with friendships or spouses, calls the boss/teachers to cover days & appointments missed, manipulates circumstances, has overly developed need to know details of someone else's life).

- **Makes threats** that have no follow-through or consistency.
- **Takes care of** mentally & physically competent adults to the point of doing what they should be expected to do for themselves (paying rent/bills, doing laundry, cleaning, running errands, cooking, setting appointments, ET).
- **Excuses, Overlooks or Denies** prescriptive &/or narcotic drug abuse, alcohol abuse, internet porn & sexual addiction, multiple on-going infidelities, gambling, perpetual lying, financial irresponsibility ET.
- **Allows on-going verbal, emotional, physical &/or spiritual abuse**

The Solution

- Continue to learn about and explore the issues of enablement & codependency.
- Identify people in our lives we enable & seek help in making changes.
- Identify the fear(s) associated with enablement.
- Seek out a sponsor & or accountability person/group.
- Learn to identify when helping someone crosses over to hurting someone.
- Learn to practice *compassionate detachment* through learning to love by letting go empowering others to build self-confidence through accepting responsibility for their own lives.
- Learn how to set and maintain healthy boundaries realizing it often takes significant action to change deeply ingrained patterns and that a boundary without consequences is not a boundary, but simply a hope or a wish.
- Learn to accept that we are not responsible for other people's choices
- Practice the principle that irresponsibility in someone else's life does not necessitate a crisis in ours.
- Learn to stop being preoccupied with the needs & lives of others.