

Do I Enable My Family Member?

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| 1. Do I put their needs ahead of mine? | Yes | No |
| 2. I rarely let them know I am angry about their behavior?. | Yes | No |
| 3. Their behavior affects my serenity? | Yes | No |
| 4. I am more in touch with their feelings than my won? | Yes | No |
| 5. I do anything I can not to “rock the boat” in an attempt |  |  |
| to control their behavior? | Yes | No |
| 6. I feel resentful when no matter what I do, the behavior does |  |  |
| not change? | Yes | No |
| 7. I try to control the environment (junctions that do not include |  |  |
| or might encourage the behavior) i.e. drinking/gambling/using? | Yes | No |
| 8. I keep “secrets” from those who might help? | Yes | No |
| 9. I make excuses for their behavior? | Yes | No |
| 10. I sometimes retaliate by “doing my own thing or by doing their |  |  |
| thing” to show them how it feels? | Yes | No |
| 11. I feel good about myself only if the family “behaves”? | Yes | No |
| 12. I rarely ask for help from anyone? | Yes | No |
| 13. I spend a lot of time pretending things are “fine”? | Yes | No |
| 14. Their “dreams” are my “dreams”? | Yes | No |
| 15. I “go along” to avoid any conflict? | Yes | No |
| 16. I no longer have my own “circle of friends”? | Yes | No |
| 17. I find myself feeling mentally, physically or emotionally drained? | Yes | No |
| 18. I seem to have forgotten what fun is? | Yes | No |
| 19. I find myself complaining or criticizing others and myself? | Yes | No |
| 20. I find myself feeling hopeless and helpless and as if nothing |  |  |
| will ever change? | Yes | No |

**AlAnon/Alateen 20 questions**

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| 1. Do you worry about how much someone else drinks? | Yes  | No  |
| 2. Do you have money problems because of someone else’s drinking? | Yes  | No  |
| 3. Do you tell lies because of someone else’s drinking? | Yes  | No  |
| 4. Do you feel that if the drinker cared about you, he/she would stop drinking to please you? | Yes  | No  |
| 5. Do you blame the drinker’s behavior on his/her companions? | Yes  | No  |
| 6. Are plans frequently upset or cancelled or meals delayed because of the drinker? | Yes  | No  |
| 7. Do you make threats, such as, “If you don’t stop drinking, I will leave you? | Yes  | No  |
| 8. Do you secretly try to smell the drinker’s breath? | Yes  | No  |
| 9. Are you afraid to upset someone for fear it will set off a drinking bout? | Yes  | No  |
| 10. Have you been hurt or embarrassed by a drinker’s behavior? | Yes  | No  |
| 11. Are holidays and gatherings spoiled because of drinking? | Yes  | No  |
| 12. Have you considered calling the police for help in fear of abuse? | Yes  | No  |
| 13. Do you search for hidden alcohol? | Yes  | No  |
| 14. Do you ever ride in a car with a driver who has been drinking? | Yes  | No  |
| 15. Have you refused social invitations out of fear or anxiety? | Yes  | No  |
| 16. Do you feel like a failure because you can’t control the drinking? | Yes  | No  |
| 17. Do you think that if the drinker stopped drinking your other problems would be solved? | Yes  | No  |
| 18. Do you threaten to hurt yourself to scare the drinker? | Yes  | No  |
| 19. Do you feel angry, confused, or depressed most of the time? | Yes  | No  |
| 20. Do you feel that no one understands your problem? | Yes  | No  |