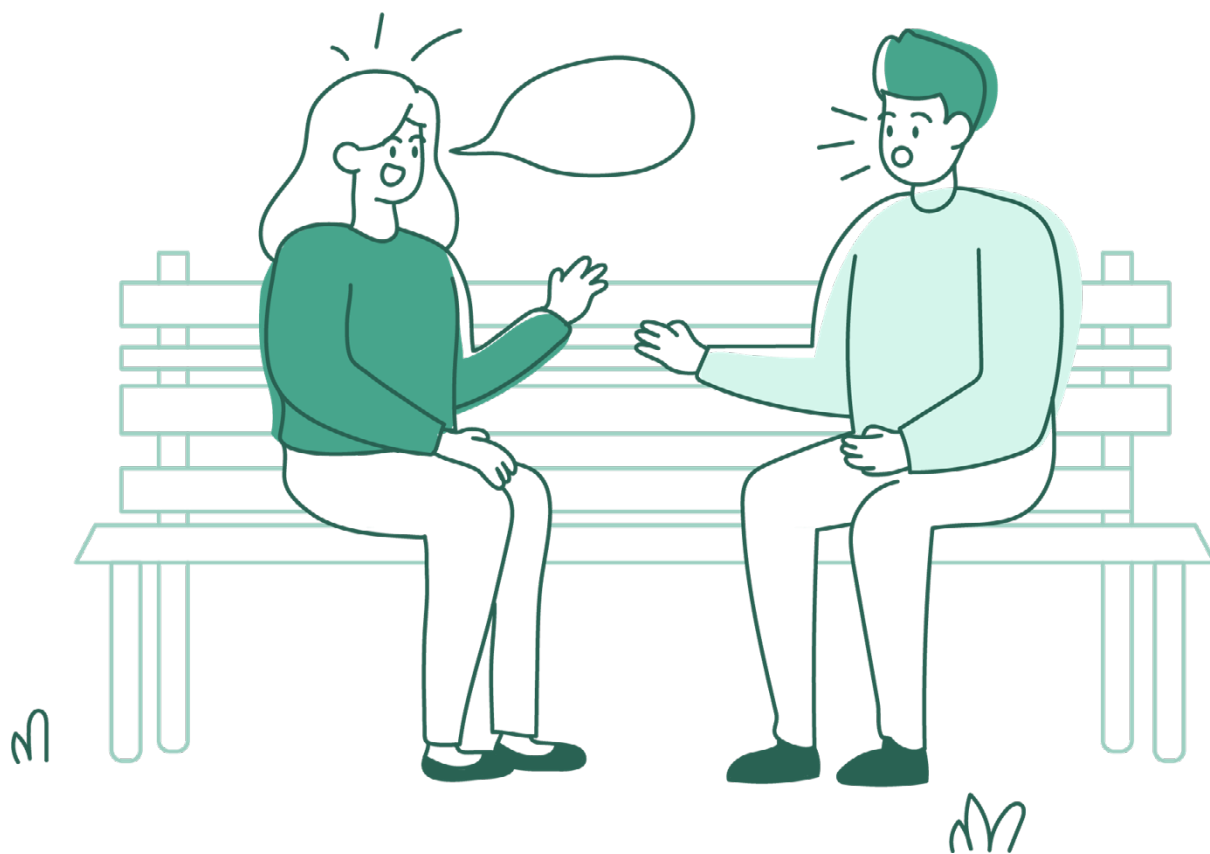


What is...

Enabling





Every addicted person has a supporting cast caught up the drama that is their life.

This cast acts out a role and with increasing intensity the parts of Victim, Rescuer and Persecutor to the addict. Without such a supporting cast the addicted individual would have to face the consequences of, and take responsibility for, their actions. They would have to take the stage that has become their life and face themselves and their audience alone.

At an earlier age the dependent person's behaviour would have become either gradually or suddenly, unhealthy, irresponsible and antisocial. The consequences of their behaviour would have threatened to overwhelm them. So they chose not to face these consequences and instead sought 'altered mind states' through the use of psychoactive substances.

The people around them, especially those who loved them or whose well-being was intimately bound up with theirs, stepped in to protect them from the associated consequences, stepped in to protect them from themselves. As the addicted person's drug dependence progressed, they stepped in more often, employing increasingly elaborate defences.

But this only succeeds in supporting the individual in their ever growing addiction and puts off any move towards determination, on their part, to change their behaviour.

This process is called...

...enabling.

The efforts of those who care can avert, for a time, social difficulties that the family would otherwise experience. However, the Carer does not succeed in saving the addicted person from feeling the associated, intense, emotional pain, pain which, ironically, has increased since they first used drugs/alcohol to fix emotion. They do succeed though in ensuring that those 'enabling' join in the mutual suffering with increased intensity.

The grip of addiction continues to tighten and so, by preventing the needed crises that might otherwise bring an addicted person into treatment...

...a well meaning family or friend may actually prolong and intensify the shared suffering.

A family member is unlikely to knowingly support a loved one to destroy themselves with psychoactive chemicals. The choices are much more likely to be made out of emotional stress and without a clear understanding of the real effect of addiction.

A third aspect of benefit is provided after the person has completed their treatment programme. Whilst in treatment they would have almost certainly started on the process of internal change at depth - a process which is usually continued by attendance at external agencies after they have been discharged.

They will, however, be returning to a family who may not have changed in essence at all – this mismatch is thought to provide much relapse potential. It is thought very useful therefore to offer family members the benefit of a parallel process.

Support Group members will be encouraged to continue to attend after their loved one has left treatment.

Rebound is a support group for the families and friends of people who are in active addiction or who are considering treatment or who have accessed treatment but are still uncertain about their future abstinence.





Founded by individuals who understand the journey firsthand, Rebound is a non-profit support group dedicated to uplifting and guiding the loved ones of those struggling with addiction.

Our service is confidential, non-judgmental, and provided free of charge to carers and family members affected by a loved one's addiction and their associated mental health problems. Please email for a quicker response, otherwise call and leave a voicemail and we will respond within 24 hours.

www.reboundgroup.org
enquiries@reboundgroup.org
07912626623