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ENABLING QUESTIONNAIRE FOR PARENTS

Each question below describes a thought, feeling, attitude or behavior that can unknowingly help someone's problem continue or get worse. This is called enabling. This particular questionnaire is about alcohol/drugs, but we can also enable other behaviors.

Think about the degree to which these statements apply to you – yes, no, or sometimes. If you think you are enabling others, talk with a counselor or trusted person to explore other ways to deal with these situations.

1. I have discovered supplies of alcohol/drugs or paraphernalia but have been afraid to say anything to my child (or spouse). _____
2. I have avoided talking to school personnel or alcohol/drug agencies fearing stigma. _____
3. I doubt my own perceptions, thinking that I am making something out of nothing. _____
4. I have covered up for my child with school or job. _____
5. I excuse my child's behavior, attributing it to "a phase." _____
6. I am afraid to enforce consequences for negative behavior. _____
7. I don't trust my child, but feel as if I am in the wrong. _____
8. I ignore situations to avoid conflict. _____
9. I have become suspicious of my child's activities and therefore try to control who he/she is with and where he/she goes. _____
10. I blame my child's friends, the school, or others for my child's alcohol/drug use. _____
11. I and/or my spouse tolerate the use of some alcohol or other drugs by our children. _____
12. I/we have "bailed" our child out when he/she has gotten in trouble with school or the police. _____
13. I/we have made excuses for our child, doing chores that were his/her responsibility. _____
14. I do not talk about my concerns with others. _____
15. I think the present problems are my fault because I am an inadequate parent. _____
16. I shield my child from experiencing the consequences of his/her actions. _____
17. I threaten consequences that I do not enforce. _____

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Resource from NCADA's RADAR library. For more information, visit our website at www.ncada-stl.org. For questions on substance use, abuse and related problems, call NCADA's help Line at (314)962-3456.