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Working Therapeutically Between Sessions: Journaling Exercise

## Helping Versus Enabling



(adapted by Steven S. Minter, Psy.D. from Paul Brasler, MA, quoting Herron, A.J. & Brennan, T.K. (2015). The ASAM essentials of addiction medicine, 2nd Ed. American Society of Addiction Medicine. New York: Wolters Kluwer. p. 364).

1. Study the diagram above. What thoughts and feelings arise in you as you take in the ideas?

2. Do you feel that you tend to fall on the left side or the right side of the diagram? How do you know that?

3. Which type of Helper or Enabler are you?

4. Where would you like to be on the above diagram? How would you get there?