

How To Stop Being An Enabler To My Daughter's Drug Addiction

by Robert Alexander Center | Mar 14, 2022 | Blog | 0 comments



It's difficult to know what to do when your daughter is struggling with drug addiction. On the one hand, you want to help her get better, but on the other hand, you don't want to enable her addictive behavior. If you're not sure how to stop being an enabler, don't worry – we're here to help. This article will discuss the signs of enabling and provide tips for how you can effectively distance yourself from your daughter's addiction. It will also provide information about our treatment programs so that you can get your daughter the help she needs!



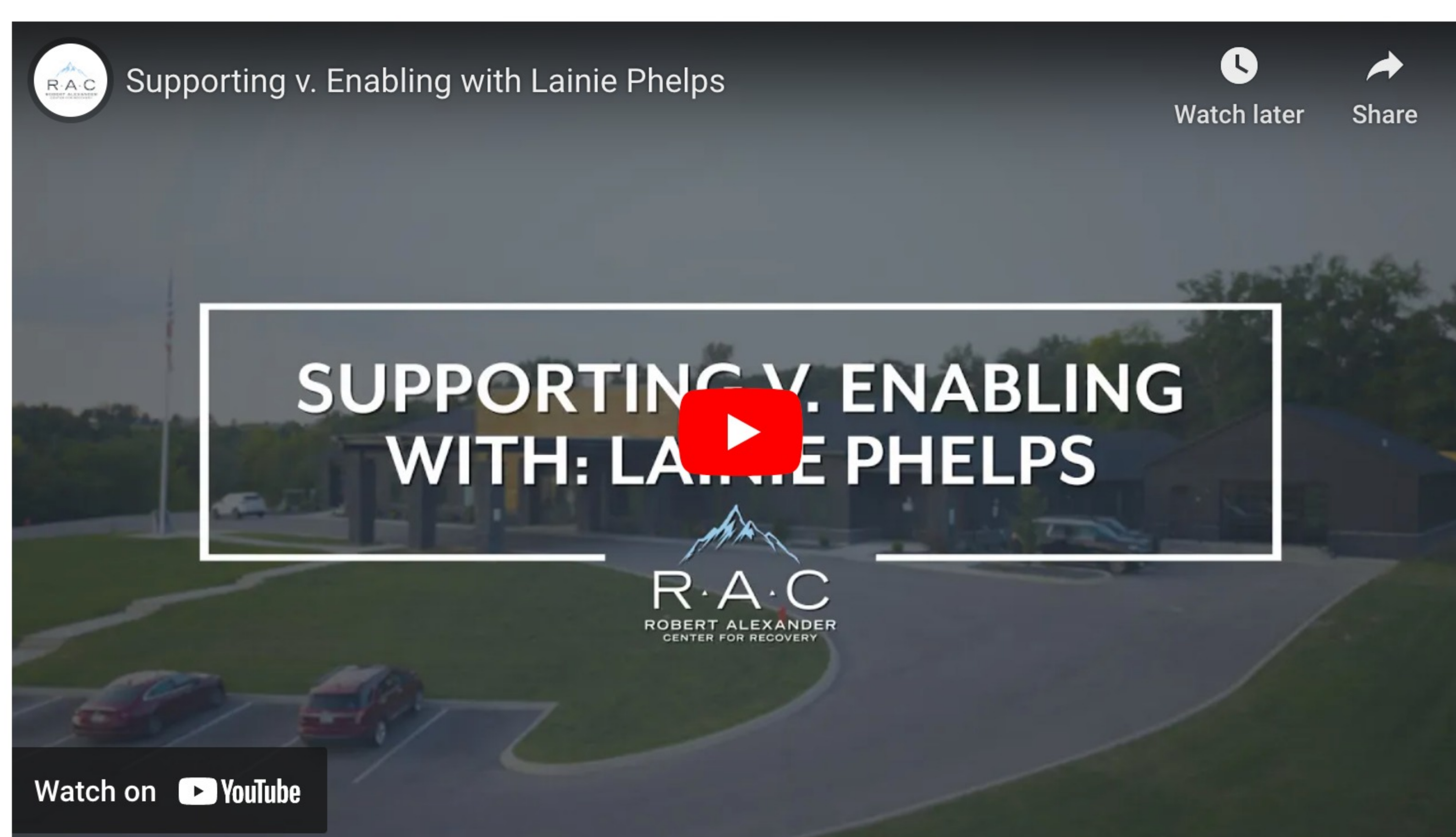
What Is Enabling?

When you are an enabler, it means that you enable your daughter's drug addiction. By enabling someone's behavior, you make it easier for them to continue with their negative habits. This is not the same thing as supporting someone – instead of helping them get better; you're actually making things worse by allowing these behaviors to become more ingrained in their lives and harder to break away from.

It's important to understand that you can't force your daughter into treatment, but if you are enabling her addiction, then chances are good she will never want to seek out help on her own. This means taking steps back and allowing the consequences of using drugs to play out so that she truly sees how much this behavior is hurting herself and those around her!

What Does It Mean To Enable Someone?

When you enable someone, it means that you make it easier for them to continue with their bad habits. You might feel like this is helping your daughter by taking care of her responsibilities or making excuses for her behavior – but in reality, all these things do is allow the addiction itself to grow stronger and more ingrained into daily life instead of being treated as something which needs help!



What Are The Signs Of Enabling?

There are a few key signs to look out for when it comes to enabling:

- Taking over your daughter's responsibilities, so she doesn't have to face the consequences of her addiction. This might include things like doing her laundry, cooking her meals, or paying her bills.
- Making excuses for your daughter's behavior or trying to minimize the seriousness of her addiction.
- Giving your daughter money or other forms of financial support so that she can buy drugs.
- Allowing your daughter to live with you rent-free and/or take care of all her expenses.
- Telling yourself that you're just helping out because you love your daughter and want what's best for her – even though your actions are actually doing more harm than good.

If you're worried that you might be enabling your daughter's addiction, it's essential to take a step back and assess your behavior. Are you taking over her responsibilities? Making excuses for her? Giving her money or other forms of support? If so, then it's time to make some changes!

Treatment Options

If you stop enabling your daughter's addiction, she may be more likely to seek out help on her own. This means encouraging [treatment](#) options and letting her know that there is a way for people with addictions to get their lives back – but only if they want it!

There are many different kinds of treatments available depending on the type of drug your daughter uses as well as how long she has been using them for:

[Outpatient](#) treatment programs can last anywhere from three months up until two years or more; some outpatient programs require participants to stay at home during this time while others allow patients to go about their daily activities without having any restrictions whatsoever (this often depends on how severe an individual's addiction problem).

If someone decides not to enter into outpatient treatment, they might choose to go into an [intensive outpatient](#) setting. This is usually a more restrictive program that meets three times a week for around nine hours total each week. [Detoxification](#) is the first and most important step in overcoming addiction; this can be done in either an outpatient or residential setting, depending on how severe your daughter's addiction problem happens to be outpatient detox programs allow addicts to live at home while receiving constant care and support from professionals; many outpatient detox centers also offer medication-assisted treatments which can help minimize withdrawal symptoms and make the detox process much easier overall.

In conclusion, when your daughter faces the consequences of her addiction, she may want to get help. If you stop enabling her drug use on an outpatient basis or intensive outpatient setting, she will be more likely to seek out treatment options and let herself know that there is a way for people with addictions to get their lives back.

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The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

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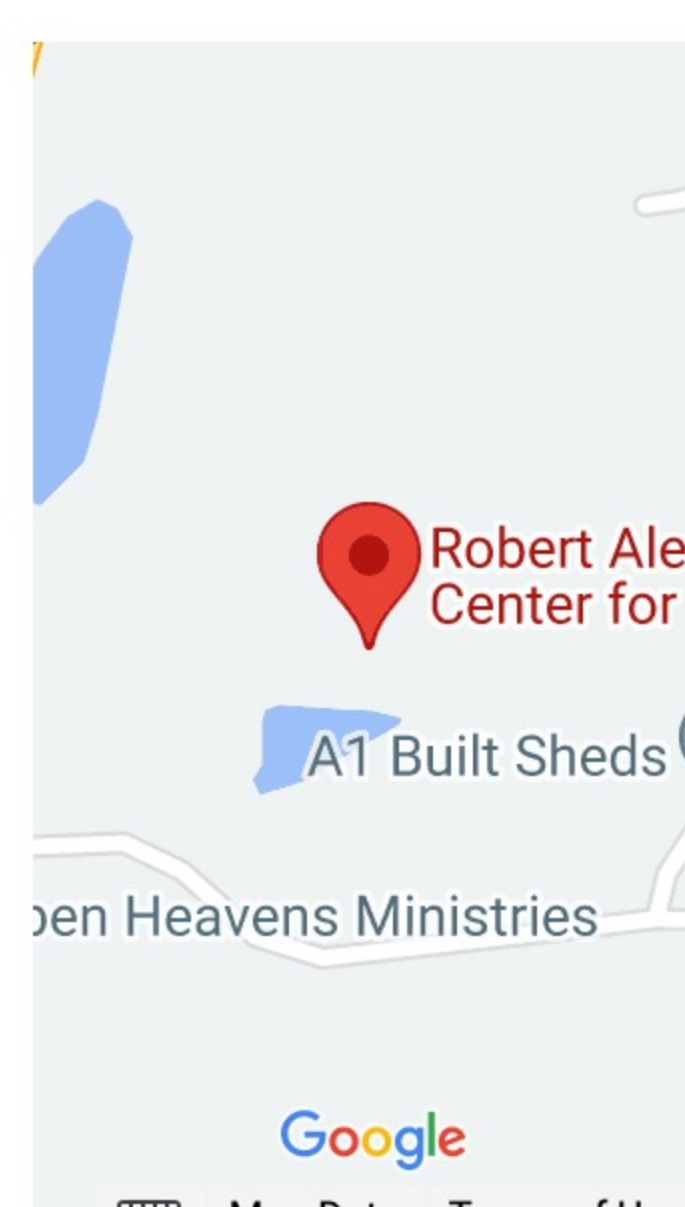
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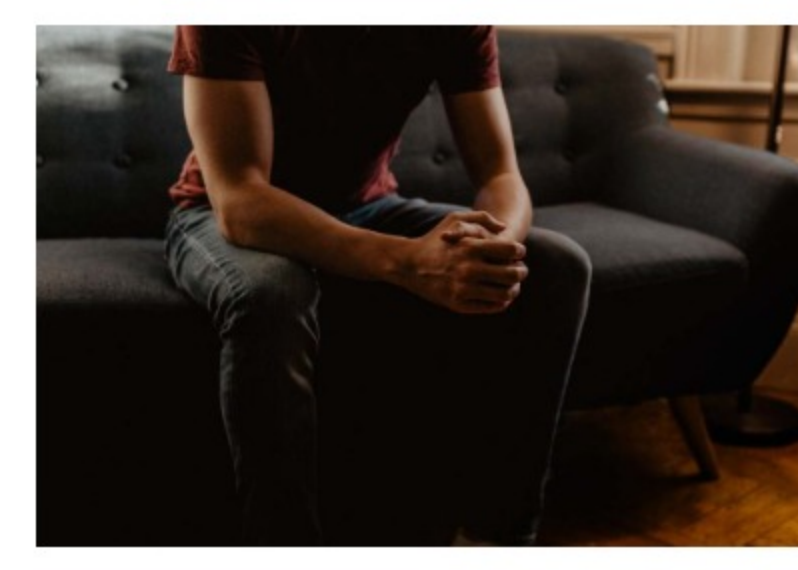
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