**PROFESSIONAL ENABLING CHECKLIST**

The statements below describe elements of ideas, feelings, attitudes, and behaviors that can contribute to the complicated system of enabling. Indicate the degree to which each statement applies to your experience with client alcohol/drug problems.

| **YES** | **NO** | **SOMETIMES** | |  |
| --- | --- | --- | --- | --- |
|  |  |  | 1. I overlook obvious problems in clients. | |
|  |  |  | 1. I oversimplify problems related to alcohol/drug abuse | |
|  |  |  | 1. I make decisions or take actions even though I lack formal training in alcohol/drug-abuse issues | |
|  |  |  | 1. I view chemical-abuse and dependence as primarily a moral issue. | |
|  |  |  | 1. In the staff lounge, I gossip about the alcohol/drug problems of clients. | |
|  |  |  | 1. When I speak about those with alcohol/drug problems, my tone is accusatory. | |
|  |  |  | 1. I view the chemically dependent person as “one of those people”. | |
|  |  |  | 1. I feel strangely uneasy, tense, or anxious after handling a situation involving alcohol/drug abuse. | |
|  |  |  | 1. I place the blame for client alcohol/drug problems somewhere other than on alcohol/drugs. | |
|  |  |  | 1. I lack clear, definite standards of performance and conduct for clients. | |
|  |  |  | 1. I have gradually lowered my expectations for performance | |
|  |  |  | 1. I avoid confronting client’s alcohol/drug problems. | |
|  |  |  | 1. I am uncomfortable bringing up the subject of alcohol/drug use when I’m working with a client. | |
|  |  |  | 1. I feel that if I had better professional training I’d be more able to solve client’s alcohol/drug problems. | |
|  |  |  | 1. When I know about a client’s alcohol/drug use, I don’t report it. | |
|  |  |  | 1. I hesitate to involve others in a client’s alcohol/drug problems out of the fear that the client or the situation will be mishandled. | |
|  |  |  | 1. I hesitate to take action on client alcohol/drug problems because I fear that my organization or team won’t support me. | |
|  |  |  | 1. I don’t take action on client alcohol/drug use because I’m afraid a client will be mistreated. | |
|  |  |  | 1. I set a healthy example for clients in respect to my own use of alcohol/drugs. | |
|  |  |  | 1. My own chemical use has resulted in behavior that I’m not proud of. | |
|  |  |  | 1. I think that client problem behavior will change by itself | |
|  |  |  | 1. I protect a client from experiencing consequences by minimizing the seriousness of problems. | |
|  |  |  | 1. I fail to admit the scope of alcohol/drug abuse to protect my image. | |
|  |  |  | 1. I’m in the best position to handle alcohol/drug problems. | |
|  |  |  | 1. I hesitate to confront a client with alcohol/drug-related problems for fear of jeopardizing my relationship with him/her. | |
|  |  |  | 1. I verbally support some use of alcohol/drugs by clients. | |
|  |  |  | 1. In looking for the source of a troubled client’s problems, I tend to give alcohol/drugs a very low priority. | |
|  |  |  | 1. I attempt to control a client’s alcohol/drug use through such inadequate means as “proof”, appeals to logic, or threats. | |
|  |  |  | 1. I try to put distance between myself and those about whom I’m worried. | |
|  |  |  | 1. Discussion of, or involvement with, alcohol/drug problems are “too close to home” for me. | |
|  |  |  | 1. I regard a certain degree of client alcohol/drug use as acceptable. | |
|  |  |  | 1. I make excuses for, cover up, and even defend client alcohol/drug use or other unacceptable behavior. | |
|  |  |  | 1. I become frustrated at my inability to change a client’s behavior | |
|  |  |  | 1. I compromise my own value system in dealing with client alcohol/drug use. | |
|  |  |  | 1. I believe in a “Don’t Ask” , “Don’t Tell” policy when it comes to client alcohol/drug use. | |
|  |  |  | 1. I think clients can stop using alcohol/drugs if they really want to | |
|  |  |  | 1. I fail to take action on alcohol/drug problems because I fear others’ won’t support me. | |
|  |  |  | 1. I minimize or excuse client alcohol/drug use. | |
|  |  |  | 1. I’ve ignored the alcohol/drug-related problems of staff. | |