

# Enabling vs Helping

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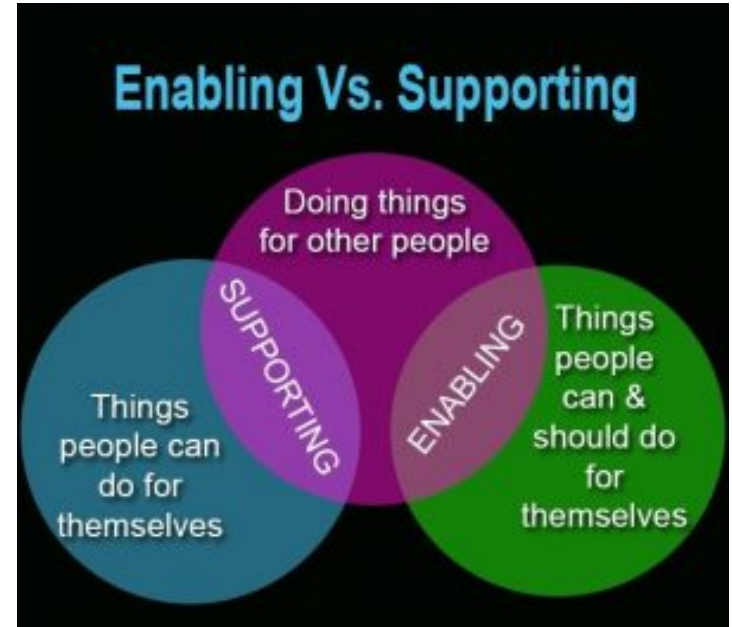
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# Enabling vs Helping

<b>ENABLING</b>	<b>HELPING</b>	
Create fertile opportunities for growth  Enable good behaviors	Ideal : Partners in achievement, Projects  Help with actions, not items	<b><i>PURSUE</i></b>
To avoid your own Pain XXX  To Relieve your own Stress XXX  Because of Fatigue XXX	Giving \$\$\$ is NOT Helping  Be aware of inadvertent/ unintended help (Transportation to get substances) E.g. Tummy Time, Roll over drills We jump in to 'help'	<b><i>AVOID</i></b>

# Helping vs Enabling - The Silliness

- Making Bed
  - Cleaning up dishes from Room
  - Collecting Laundry
  - Race Car driving to School
  - Excuses to Employers, Relatives
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- Describe Situation accurately, don't Explain



# Helping vs Enabling - Traction

## Language, Language, Language !

- Helping happens as a Partnership; if you don't have a partner with you it isn't helping

**Example:** We have a problem and we need to get some help. I have some ideas and I'd like to hear yours. Do you want to start ?

- Helping includes Partial Responsibility

**Example:** We are each not doing a good job communicating. I'd like to get some assistance in doing a better job. What do you think ?

- The Jury never 'unhears' what's been said

**Goal:** Let it be Said and heard, it may not get immediate response but it's unlikely to be forgotten

- Tone critically matters - Harsh, loud, sharp, angry obscures ALL content

# Helping vs Enabling - Self Taught ?

## How do I get from here to There ?

- Educate (Read, Listen, be Coached, practice, Don't self punish)
- Use Imagery

**Example: Be the Lighthouse, not the Coast Guard**

**Example: Am I trying to caulk the Grand Canyon ?**

- Know what you know know what you don't know (its' serious stuff, don't be an amateur)
- Ask others: What did you do in this situation ? What were the results ?
- Get assistance - coaching, guidance, counseling- lived experience counts !

