

## THINGS TO STOP, STARTING NOW

1. Stop repeating negative enabling behavior in all its forms
2. Stop ignoring my own personal issues
3. Stop being alone in my pain
4. Stop the flow of money—now
5. Stop pretending things are going to be fine if I continue as I have been
6. Stop putting off the changes that must be made
7. Stop my own destructive patterns and behaviors
8. Stop feeling guilty
9. Stop demanding that my adult child change
10. Stop making excuses for his or her negative behaviors and/or choices
11. Stop engaging in arguments, debates, or negotiations—no verbal volleyball
12. Stop being a martyr



**Something Positive  
to START Now!**

**Begin communicating with fellow  
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