

# UNHELPFUL THINGS FROM FAMILY AND FRIENDS CHECKLIST

From the workbook  
*Information for families and friends*

Look at the following list of common unhelpful behaviours. Check off any activity you have found yourself doing over the last month.



As a friend/family member, are you:

Check here if  
you have noticed  
this—even if just  
sometimes

Becoming overly protective of the person—bubble-wrapping them?

Taking over all responsibility for the person? For example, making all the important decisions, or trying to control every aspect of their life.

Taking over all activities they used to do, so they don't have to 'worry' about them?

Not allowing the person to be upset or distressed?

Getting upset at the person from time to time—through frustration or anger?

Becoming so focused on the distressed person that other people's needs aren't met? For example, your own needs or other family members such as children are overlooked.

Depending on or needing the person to be well and functioning (so that they aren't allowed to be unwell)?

Making impulsive decisions about important issues? For example, resigning from your job to look after the person.

Automatically advising the person not to try recommended treatment approaches because of your fears that it may do harm?

Undermining or criticizing healthcare practitioners (because they haven't been able to successfully treat the problem)?

Helping the person avoid doing things because of fears about what harm might result? For example, taking over all of the shopping, or doing all the driving (This can undermine their confidence).

Constantly reassuring the person in an effort to reduce their worry?

Constantly asking about how they are (which can unhelpfully draw attention to illness)?

Speaking for/over the person in social settings, or in medical appointments, etc.? For example, you telling their story rather than them.



Write down any other unhelpful behaviours here:

**Overall: what effect do any unhelpful behaviours have on you both?**