Family & Friends
Checklist

The unhelpful things you do
as a friend/family member are you:

Tick here if you have noticed this - even if just sometimes

Becoming overly protective of the person - wrapping them in cotton wool?	☐
Taking over all responsibility from 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 snap 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 criticising 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)?	☐
Introducing the person as "X, who has this problem" rather than just by their name? For example you have started seeing the symptoms not the person.	☐
Speaking for/over the person in social settings, or in medical appointments, etc.? For example, you telling their story rather than them.	☐