Worksheet 7.5: Enabling scenario – using the ABC model to create a menu of options

The ABC model of behaviour is used within the New Maudsley method to consider how a behaviour (Edi or carer) can usefully be broken down and perhaps changed for the better. Behaviour never happens in isolation, there is always something that causes it and something that happens as a consequence. Enabling is covering up for the consequences of the eating disorder behaviours, either to keep the peace or to protect the rest of the family.

Use one of the caring scenarios from the group or use this scenario:

Katie, age 25, has bulimia and is in contemplation about getting help. She has opened up to her Mum and Dad about this and they are trying to be as supportive as possible. Mum has read the *Skills-based Caring* book and is being as dolphin-like as possible in trying to nudge her daughter to agree to see a therapist. They have been having conversations using the Readiness Ruler and OARS and Mum is feeling more confident of a positive outcome. However, Katie is bingeing and vomiting several times a day and often leaves the bathroom in a mess. Mum cannot bear to see the evidence of her daughter's eating disorder in the bathroom and gladly cleans up after a purging episode. Part of her rationale is that she doesn't want other family members or visitors to see evidence of her daughter's eating disorder.

In small groups work on these tasks and then discuss your ideas with the whole group.

a)   Write down as many things as you can think of about the possible antecedents and consequences of your caring behaviour.

Table 7.11 Blank functional analysis ABC table

Antecedent	Carer behaviour	Consequence
		A vicious cycle ensues

b)   Consider any ways you might break out of or interrupt this cycle. Create a menu of options being as creative as you can.

Coming up with a menu of options opens carers' minds to the fact that there are no right or wrong answers, rather there are a myriad of possibilities in every situation.

   Once a menu of options has been created the carer is likely to feel much more empowered to choose one and try it using SMART planning.