

COMMUNITY SUPPORT NETWORK COLLABORATION WORKSHEET



Brainstorm about situations with other concerned adults in your life. Which of those people might be receptive to supporting your partner's process of change? How, specifically, might particular people be able to help from their unique perspectives? Start small, and try to manage your expectations... set doable goals in how you will communicate and honestly weigh the pros and cons of saying anything at all.

Step 1: Brainstorm ways you can respond the next time someone expresses concern about your partner's behaviors. Don't rule out any ideas at first glance, even if you are not ready to try them yet. Consider the pros and cons of each idea, and see if you'd be willing to try it. When you've chosen one, use the positive communication worksheet to practice how you'll say it using the 7 communication steps. And then practice!

Communication idea: *My husband's father pours him a stiff drink as soon as we arrive for a visit but complains under his breath at the end of the night when my husband is drunk. I could find a way to elicit his thoughts about my husband's drinking and feel out his receptivity to doing something (e.g. that first drink-offer) differently.*

Pros:

1. *My husband might drink less during these visits.*
2. *I won't dread visiting my in-laws.*
3. *I might feel closer and supported by my in-laws.*

Cons:

1. *It might have no effect on my husband's drinking and I'll feel worse.*
2. *My father-in-law might not speak with me about this because he's ashamed/too proud/etc.*
3. *My husband might feel betrayed if he finds out I said anything at all.*

Communication idea: *At parties when my wife is using, often one of our friends will give me a knowing glance (which we all understand to be about her cocaine use) and ask how I'm coping. Instead of pretending nothing's wrong, I could find a way to respond that encourages them to speak with my wife directly about their concerns. Or I could ask them to have lunch or coffee sometime for my own support.*

<u>Pros:</u>	<u>Cons:</u>
<ol style="list-style-type: none"><i>1. I will feel more supported by people I know care.</i><i>2. I might get some new good ideas from a fresh perspective.</i><i>3. My wife might be more impacted to hear one of our friends directly express concern.</i>	<ol style="list-style-type: none"><i>1. I might feel ashamed to discuss these problems in more detail.</i><i>2. I might feel stressed by taking time out for lunch.</i><i>3. My wife might blame me for whatever the friend says.</i>

Your communication idea:

<u>Pros:</u>	<u>Cons:</u>

Step 2: Go back to the positive communication steps and craft a message using the 7 steps for communicating in one of your identified situations.

Step 3: When you have selected the situation, the person, and the communication, list potential obstacles that come to mind. Then, think of coping skills you could use to maximize your chances of getting around each obstacle and reaching your goal(s).

Obstacle	Coping Skill
<i>I might lose my nerve in the moment.</i>	<i>I will make a point of getting back in touch with that friend the following day to say what I'd planned.</i>
<i>I might feel too nervous about one of the "cons" on my list.</i>	<i>I will re-do my communication to see if there's a way to discuss it that will decrease these concerns.</i>

