

NATURAL CONSEQUENCES: WORKSHEET



This exercise will help you identify specific negative consequences of your child's substance use, the ways you may be intervening to protect him from them, and ways you could allow them to happen.

<p>Step 1: What are the potential or actual natural consequences of your child's substance use? Focus on the "safe to allow" consequences.</p>	<p>Step 2: Is there anything buffering her direct experience of these consequences? Is there anything you are doing, inadvertently or purposefully, to soften these downsides?</p>	<p>Step 3: What can you do to let your child experience one or more natural consequences more directly (without putting her at too much risk)?</p>
<p><i>Incomplete homework assignments and teachers threatening summer school</i></p>	<p><i>Monitoring if assignments are complete</i></p>	<p><i>Let her face teachers and have to complete summer school instead of go to camp.</i></p>
<p><i>Staying up late and sleeping in, missing soccer practice</i></p>	<p><i>Getting her up and driving fast to practice so she doesn't miss it</i></p>	<p><i>Let her miss practice and bring her to talk with coach afterwards.</i></p>
<p><i>Coming home late and missing dinner</i></p>	<p><i>Cooking her a late dinner so she isn't hungry</i></p>	<p><i>Let her figure out what to eat on her own.</i></p>
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