

NATURAL CONSEQUENCES: WORKSHEET



This exercise will help you identify specific negative consequences of your partner’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 partner’s substance use? Focus on the “safe to allow” consequences.</p>	<p>Step 2: Is there anything buffering his direct experience of these consequences? Is there anything <i>you</i> are doing, inadvertently or purposefully, to soften these downsides?</p>	<p>Step 3: What can you do to let your partner experience one or more natural consequences more directly (without putting him at too much risk)?</p>
---	--	---

<p><i>Coming late or missing social engagements because he is intoxicated or oversleeping.</i></p>	<p><i>Pestering him until he gets up and sometimes making excuses for why he won't come/will be late.</i></p>	<p><i>Let him miss things or face his friends directly if late.</i></p>
<p><i>Getting drunk at a party and inconveniencing the host by staying overnight.</i></p>	<p><i>Going to pick him up wherever he is or calling her a taxi.</i></p>	<p><i>Let him experience the embarrassment of inconveniencing the host without intervening.</i></p>
<p><i>Coming home late and missing dinner.</i></p>	<p><i>Cooking him a late dinner so he isn't hungry.</i></p>	<p><i>Let him figure out what to eat on his own.</i></p>

--	--	--

--	--	--

