

OFFERING INFORMATION WORKSHEET



Think of a circumstance in which you have information or feedback to give—to your partner or to another person in your life—about substance use or anything else. This exercise will show you how to build an information sandwich around it. Start with the middle, information layer, and consider how the other person might react. Next, write out how you will ask for permission first, and how you will check back after. Then consider how the other person’s experience of the information, and his reaction to it, might differ given the sandwich.

Step 1: Write down the information or feedback you would like to give to another person.

I would like to let _____ [person’s name] know that:

_____.

Step 2: What kind of reaction do you imagine?

_____.

Step 3: Now put the content from Step 1 in a “sandwich”:

How will you ask for permission to give them this information?

_____.

How will you check back?

_____.

Step 4: Consider how this interaction might go differently (versus Step 1 alone) using the permission sandwich.

_____.

Remember, you can practice any new skill in lower risk, less difficult situations and relationships first. Then, when you’re ready, try it with your partner in testier circumstances and see how it goes.

