

REINFORCEMENT: WORKSHEET



Reinforcement requires noticing when your partner is sober and doing something you like, and rewarding it. This not only increases the likelihood that she'll repeat the desired behavior, it also contributes to a general sense that her world when she's sober is more rewarding than her world when she's using.

Note: It is NOT reinforcing if you give rewards BEFORE the behavior happens...so resist the temptation to give something NOW in the hopes that their behavior will change LATER.

Step 1: List behaviors you hope will change, and identify a specific, alternative, healthy behavior you would be willing to support for each of them.

Behavior to Change	Alternative Behavior to Reinforce
<i>Coming home after work late and drunk.</i>	<i>Coming home on time and sober.</i>
<i>Getting up late and making the morning stressful for everyone.</i>	<i>Getting up on time.</i>

Example: The behavior I will reward this week:

Coming home from work on time. It's a step towards other behaviors like coming home sober.

The behavior I will reward this week:

Step 2: Brainstorm possible rewards for the healthy behavior. Make sure some of them are free.

Free Rewards	Rewards that Cost Something
<i>If he comes home on time, I will compliment his effort to come home instead of drinking with friends/colleagues.</i>	<i>If he comes home on time I will give him a small card of appreciation.</i>
<i>I will rub his shoulders for a couple minutes before starting the evening routine.</i>	<i>If he comes home on time 5 days in a row, I will go on a hike with him Saturday morning (which he keeps asking me to do).</i>

The rewards I will give *after* she does the behavior I want to see:

- 1.
- 2.
- 3.