

YOUR CONSEQUENCES: WORKSHEET



This worksheet is designed to help you establish a consequence for negative behavior as clearly and consistently as possible.

Step 1: In the left-hand column, list the positive versions of what you hope for in your partner's behavior. Then in the right-hand column, describe the consequence that will result from going against this behavior.

Positive Behavior	Consequence for not achieving the behavior
<i>She will not drink at the party.</i>	<i>If she becomes intoxicated, I will leave without a big discussion, as planned.</i>
<i>She will come home for dinner abstinent.</i>	<i>I will excuse myself from eating with her.</i>

Step 2: Choose one of the above, and plan how you will communicate (in advance) your expectation and consequence to your partner. Use your new communication skills.

Example: *I know it is hard sometimes to keep from drinking at parties, but I'm not comfortable staying if you become intoxicated. So I plan to leave if you're drinking, but looking forward to staying with you if you're abstinent. I'm happy to help by making sure you always have a non-alcoholic drink in your hand if you'd like?*

Your communication:

Step 3: Anticipate any obstacle(s) that might get in the way of consistently following through, and plan how you will deal with it.

Example: *I sometimes worry she can't even make her way home when she's in that state. So when I leave I will let the host know I have to leave and mention she'll need a taxi or ride home so someone else knows to keep an eye out.*

Your obstacle(s) and solution(s):

ADDITIONAL RESOURCES

Thank you for taking the time to read the 20 Minute Guide. We hope that you found it helpful in thinking through ways to help your partner, your family, and yourself! And mostly, we'd like to recognize the dedication, love and caring you have shown by spending the time and energy to try to help in these ways. If you are like many of the people we work with, we know you probably picked up the Guide under the assumption that you'd be happy only when your partner got into treatment, or stopped smoking pot, or abstained from everything. After reading the Guide however, we hope you have created a little room for the idea that change takes time, can be a work in progress, and that you and your partner can reap some benefits of change even when it is not complete.

Here are some of the concepts we hope you hang onto and refer back to as you keep trying to cultivate change in your household:

First, motivation matters a lot! And you can have an impact on your partner's motivation to change. Giving your partner only one option, not helping them find a path to change, giving them reasons to change that make sense to YOU but maybe not to them, and not understanding where they are coming from (i.e., "you're crazy for using so much!") are ALL understandable reactions. They ALL however have been shown to push things in exactly the opposite direction from what you likely want to see in your partner. In fact, they can cause your partner to move AWAY from change and often times cause them to get MORE attached to precisely the thing you hope they will give up... drugs and alcohol.

Second, using substances is a motivated behavior with an expected outcome... like reducing anxiety or depression, feeling more comfortable socially, being part of a community (what we as psychologists call "reinforcement"). In other words, people don't use substances because they are defective or wanting to provoke you, but because it GIVES them something. Understanding this helps you in several ways:

- It allows you to take the substance use less personally.
- It lets you start to think through how else some of these needs could be met without substances.

- It helps you understand ambivalence. When something is working or is reinforcing in some way, people--in this case your partner--are reluctant or at least ambivalent about giving it up.
- It helps you understand that this struggle is very different for each person and each relationship. Your partner drinks, smokes or injects for reasons that might be similar or very different than other people you know or hear about.

Third, there are specific tools you can learn and start to use that move things in the right direction:

- How you communicate. Learning to communicate positively, respectfully and collaboratively takes practice but starts to change the whole atmosphere of your household or relationship.
- What you pay attention to...like starting to notice the positive actions of your partner. This is the idea of “catch em being good,” or rewarding the good stuff and not over-focusing on what is going badly helps people decide to change.
- Letting your partner learn from their mistakes...called “allowing natural consequences” in the CRAFT approach. Don’t soften all the negative outcomes of their choice to use substances, instead, let the world be their teacher. Don’t make YOURSELF the negative consequence...with your lectures, mood or worry. The world is a good teacher if you let it be!

Finally, taking care of yourself through all this is critical. It can’t be an afterthought! The old airplane analogy of using the oxygen first so you can help others applies here... big time! Helping a partner and the family around them navigate substance problems is not typically a short term sprint, and is sometimes a marathon. You need to take care of yourself regularly and methodically to keep the tank fueled up and functioning well if you are going to be there at the finish line. You’ll always want to go that extra mile no matter what, when no one else would. We want you to respect and care for that compassion and energy you bring --it’s your most valuable resource.

We hope you take the time to sit for 20-minutes a day to think about how you can use these concepts. Taking a little time every day to think through things you can change through the strategies suggested will help you have a positive effect on your partner. We know this is hard; we hope you find the support you need to persevere, and that you and your family can begin to thrive.

And since we can’t be everywhere we want to be, we are including all the suggestions we have about ways to find treatment providers across the country who may be helpful to you and/or your partner.

To learn more about CRAFT, you can view a video about CRAFT that is a very informative overview here: <http://bit.ly/HBO-CRAFT>.

CMC is such a big believer in the transformational power of family involvement that we wrote a book specifically for you! *Beyond Addiction: How Science and Kindness Help People Change* is co-authored by our Co-Founders Drs. Foote and Wilkens and the Director of our Family Services, Dr. Nicole Kosanke. It is a huge resource full of the latest information science has given us about how the use of substances affects the brain/body, reward/memory systems, and motivation and learning. It is also a thorough description of the principles of Community Reinforcement and Family Training (CRAFT) which are some of the skills in the 20 Minute Guide as well. The book also contains very clear suggestions about ways you can think about your participation in the change process moving forward. We hope that you consider reading it as a way to enhance your thinking about behavior change. <http://amzn.to/1mDMSA0>

You may want to consider attending one of our CRAFT classes. These classes are another user-friendly way to be exposed to the skills of CRAFT either in person or in the comfort of your own home. Visit our website for more information: <http://motivationandchange.com/craftclass/>

CMC partnered with Bountiful Films and Magnify Digital on a first-of-its-kind online resource based on the 20 Minute Guide, CRAFT and motivational strategies. **Addiction. The Next Step** (<http://addictionthenextstep.com/>) is a website and an Interactive Guide (<http://addictionthenextstep.com/interactive-guide/>) built with financial support from the Telus Fund. The Interactive Guide enables visitors to define their own journey through videos, tips, and other tools designed to teach concerned family members how to communicate in a manner that *motivates their loved one toward change, while reducing family fear and stress*. The Interactive Guide offers a range of scenarios that represent the issues families face when dealing with a substance use problem. Drs. Jeff Foote and Carrie Wilkens, co-founders of the Center for Motivation and Change, deliver advice and practical tools to support your efforts toward changing the dynamics of your home and family.

Finally, we would like to extend an invitation to join our newsletter which we hope will become a welcomed entry into your inbox once a month. It will be loaded with helpful information about how to achieve and maintain your goals (and those of your loved one), wellness tips (recipes, exercise, self-care), current research in the field, CRAFT tips, ways to keep your motivation engaged, and more (some fun stuff will be woven in as well!). Our hope is that it inspires you and provides a monthly dose of support and interesting information. <http://bit.ly/cmnewsletter>

If you fill out this form, the newsletter will come to your email once a month.

ADDITIONAL CRAFT RESOURCES

Dr. Robert Meyers (Bob) is the father of the CRAFT approach and he has created several ways you can find CRAFT support:

WEBSITE: The website has a list of certified CRAFT providers.

<http://www.robertjmeyersphd.com/craft>

BOOK: *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening*, by Dr Robert Meyers and Brenda Wolfe. **<http://amzn.to/1mDN5TJ>**

ONLINE: Recently, Bob teamed up with Cadence Online to launch Parent CRAFT, an online training for parents concerned about changing drug and alcohol behaviors in their children. The innovative online program takes the empirically-studied behavioral science of CRAFT and brings it to life in a highly engaging, interactive film-based course. They bring to life exercises that teach parents to understand their child's substance use pattern, improve their communication skills, develop methods of behavior management and learn when and how to guide them to accept professional help. We recommend that you go to **<https://www.cadenceonline.com/>** as these videos are a great way to access CRAFT strategies no matter where you live.

The Partnership at Drugfree.org has ever-evolving resources available, including a helpline just for family members seeking help for themselves or a loved one struggling with substance abuse. The Partnership hotline is staffed by well-trained professionals. They can also refer parents for peer-to-peer coaching with parents trained in the 20 Minute Guide system of support and we can fully vouch for these parent coaches...they are awesome, committed and well-trained individuals who can offer you a lot! 1-855-DRUGFREE or 855-378-4373. **<http://www.drugfree.org/>**

We are great advocates of evidence-based treatments like CBT, MI, and CRAFT and the more you can be vocal about your desire for these services to be available in your area, the more we can influence greater change in the field of addiction treatment so that family members and patients alike have more options individualized to meet their needs.

