

CRAFT AT A GLANCE

AiR
Allies in Recovery



how do I stay safe?



1 Become aware of red flags.
(signs that your Loved One is getting argumentative or hostile)

Example: The tightening of your Loved One's mouth, or when they say things like "get off my back"

2 Use de-escalation talk when you notice red flags.

Example: “I’m sorry. I didn’t mean to upset things...”

3 When things heat up, back down and cool off.

Tip: Pick another time when you are both calm to address the issue.

4

Have a safety plan.

- ◆ Leave the house
- ◆ Know where your keys are
- ◆ Know where you will go
- ◆ Keep your cell phone on you
- ◆ Make sure there is a room in the house that locks
- ◆ Think ahead about who you would call
- ◆ Call the police or 911

how do I know what
is really going on?



the abcs

Antecedents
Behaviors
Consequences

- ◆ What is your Loved One using?
- ◆ Why is your Loved One using?
- ◆ What are the consequences of their use?
- ◆ How do you react to your Loved One's use?
 - + What do you think, say, and do?
 - + What do you get out of it?
- ◆ When does your Loved One not use?
- ◆ How do you react when there is no use?

how do I talk to my loved one?



1 Avoid negative talk.

Example: “You’re an idiot when you drink.”

2

Use positive talk.

Example: “You’re so much gentler when you drink soda.”

Remember...

- ◆ Show compassion and let them know you heard them
- ◆ Admit your part:
“...and I know I’m responsible for setting that earlier curfew.”
- ◆ Be specific
- ◆ Be brief
- ◆ Be positive
- ◆ Use “I” statements instead of “you” statements
- ◆ Offer to help:
“Is there some way I can help you meet that curfew?”

3 Use reflective listening

Example: “I hear you, you want me to back off...
So what you’re saying is... Is there more?”

my loved one isn't using
right now; now what?



reward

Take your Loved One out to the movies.

Make your Loved One a favorite meal.

Tell your Loved One how much you love them.

my loved one is using
right now; now what?



1 Remove Rewards

Examples: Leave groceries you brought to your son at school in the trunk if you suspect he is using. Tell your Loved One something doesn't feel right and cancel your plans. Tell your Loved One you'll speak in the morning.

2 Disengage Yourself

Examples: Maybe you have dinner by yourself or go out for dinner with a friend. You might let your Loved One know that you need some space, then go to your room and read a book.

3 Allow Natural Consequences

Tip: Ask yourself, “What would happen if I didn’t step in?” Allow it to happen if it’s not dangerous.

what do I do when negative feelings get in the way?



Follow the steps used in cognitive behavior therapy...

- ◆ Step 1: “What am I feeling?”
- ◆ Step 2: “What caused my feeling?”
- ◆ Step 3: “How am I adding weight to that thought?”
- ◆ Step 4: “How am I pushing down that feeling?”
- ◆ Step 5: “What can I do to shift a difficult emotion?”

how do I get my loved one into treatment?



1 Have a detailed treatment plan ready.

2 Look for windows of opportunity.

Tip: Listen for change talk and be prepared for a planned conversation.

3 Ask your Loved One to get help.

Tip: If it doesn't work, don't push. Drop it and wait for another moment.

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