

How to Rebuild Your Life Together

Problem Solving Worksheet

(accompanies page 16 of Section 6)

You can use the CRAFT Problem Solving skills to help you tackle problems in your daily life. To solve a problem, either large or small, work through the steps on pages 1-4.

My specific problem is:

Possible solutions to the problem are:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

My evaluation of what I think might happen with each solution:

Solution	Evaluation
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

The solution I think is best:

I am going to implement the solution by:

Now that I've implemented the solution, I want to assess how well it worked:

My problem solving skills could be improved next time by:

Positive Family/Social Activities

(accompanies page 20 of Section 6)

It's important to help your loved one understand how to have fun without alcohol and/or drugs. Talk to your loved one about what social activities they may be interested in doing. These activities should not involve drugs and/or alcohol and you should enjoy them too.

Go hiking	Go to the movies
Play miniature golf	Watch a favorite show or sports event on TV
Go to the park	Go to the theater
Go to the museum	Make a nice meal together
Have a picnic	Invite supportive friends or family members over for dinner
Play a board game	Go hunting
Go fishing together	Work out at the gym
Yoga	Solve a puzzle
Photography	Drawing or painting
Attend a sporting event (minor league baseball game, college or high school baseball, football or basketball game)	Wood working activities

Rewarding Yourself

(accompanies page 26 of Section 6)

Just as it is important for you to take care of your loved one's well-being, it is even more important for you to do the same for yourself.

You can reward yourself in many ways. Select the rewards below that interest you and be sure to implement at least some of them. You can also fill in your own ideas.

Take a walk	Call an old friend
Take a bath	Go to church
Eat a favorite food	Go out for a cup of coffee
Buy myself a small item	Go to the movies
Read a book	Get a manicure
Listen to music	Go to the library
Visit family	Take a class (exercise, community center)

Getting Social Support

(accompanies page 28 of Section 6)

Identify your social support circle. Add names in each area. If you cannot identify anyone or if you want to increase your support, go to the next page to work on expanding your social support circle.

Practical Support	Advice or Information
(Who could you ask for a ride? For help with something?)	(Who do you ask for advice?)
Companionship	Emotional Support
(Who is good company? Who will walk around the park with you, or share your joys?)	(Who do you share your feelings with? Who encourages you, or may help you when you feel sad or upset?)

Expanding Your Social Support Circle

(accompanies page 29 of Section 6)

One way to expand your social support circle is to revive positive past friendships. Enter a name in each section. Then, indicate how you can reconnect with that person in the space below.

Name:	Name:
Name:	Name:

Communication

Good communication involves how you talk to your loved one and when you talk to them. Other important communication components include: 1) use brief statements, 2) keep it in the present, 3) focus on the positive, 4) use “I” statements, and 5) show understanding.

Good times for me to talk to my loved one are:

Communication patterns that I want to avoid are:

Communication strategies I can try are (list all possible):

The first communication strategy I am going to try is:

Things that might get in the way of good communication are:

(After implementing communication skills) Here's what went well when I spoke with my loved one:

Next time, I will:

Problem Solving

There are five steps to problem solving: 1) clearly identify the problem; 2) list all possible solutions to the problem; 3) evaluate each possible solution; 4) try the solution; 5) evaluate the solution – did it work?

How can problem solving help me in my life:

A problem that I have been trying to solve is:

Social Activities

Positive social activities are an important part of the CRAFT approach. These activities may help your loved one to learn how to have fun without alcohol or drugs and may also improve your relationship.

Positive family activities that would be fun for my loved one and me are:

I can plan positive family activities by:

Things that might get in the way of positive family activities are:

The first positive family activity I am going to try is:

(After implementing social activity) Here's what went well with my social activity:

Next time, I will:

Taking Care of Yourself

Helping yourself is an important part of helping your loved one recover from drugs and alcohol.

Self-rewards that I would enjoy (and deserve) include:

I should reward myself when I:

The first reward I'm going to try is:

Things that may get in the way of rewarding myself:

(After implementing self-rewards) Here's what went well when I rewarded myself:

Next time, I will:

Social Support

Social support is important. Having fun with others and receiving support from others is an important part of the CRAFT approach.

I am going to call the following people:

The first person I am going to call is:

I am going to expand my social circle by:

(After increasing my social support) Here's what went well when I increased my social support:

Next time I will: