

Wrapping Up

Recovery from alcohol and drugs is different for everyone. It may be a long journey filled with bumps and obstacles. People can experience temporary setbacks where they may use alcohol or drugs again. Below is a list of questions and tips you may find useful. You can discuss these when your loved one is receptive and ready to talk. (Accompanies page 9 of Section 8.)

You can help your loved one consider triggers: What happened before the slip? How was your loved one feeling? Who was your loved one with?

Consider whether your response helped or not: How did you respond? How did you feel immediately afterward?

Consider the consequences: What are the long-term consequences of this type of behavior? Are you interfering with these consequences or allowing them to occur?

Reinforce positive behaviors: Turning back toward recovery after a relapse is a hard thing to do. Showing your partner some of the ways you value him or her may help them make that hard choice.

Take care of yourself: It is easy to “slip” in our self-care. It can be very painful if your loved one relapses. Time to focus on taking care of yourself.

Problem solve: What type of plan can you develop for you or your loved one in case you find yourself in a similar situation in the future?

Use your resources: Consider if you or your loved one need additional support, treatment, or resources.

Learning Summary

The most important thing I have learned using CRAFT is...

The most important thing I have learned about myself is...

The most important thing I am going to put into action is...

The most important thing I can do to help my loved one is...

The most important thing I can do to help myself is...

The most important thing I need to find out more about is...