

CRAFT – NATURAL CONSEQUENCES OF SUBSTANCE USE

1 Explore unintentional support of substance-using behavior

Provide common examples (reheating dinner for intoxicated loved one, calling in sick for them, making excuses, etc.)
What is the result? (supports loved one's use, harms you)

2 Allow natural consequences

Identify a potential situation to allow natural consequences
Explore potential problems in allowing them

3 Homework: follow through on allowing natural consequences, if applicable