



Setting Goals

Things to Avoid:

Stress and Turmoil

Short-term

Enabling continued drug use

Jail

Long-term

Overdose

Desired Goals:

Less stress at home

More positive atmosphere at home

Help member in recovery

Provide structure & boundaries

Discern enabling vs helping

Stable Home Environment

Drug-free home

Family Peace

Every decision moves a person closer or further away from the desired goal(s)

Things to Avoid

Desired Goals



Allowing drug use at home

Random Drug Testing



Using the car without restrictions

Writing a contract
(establishes rules and guidelines)



Allowing profanity at home
(decreased peacefulness)



Utilize the “Pro-Con” list may be a useful tool if you are finding it difficult to determine whether a specific decision is goal oriented or something to avoid.

Should I let him/her use the car without restrictions?

Pro

- I don't have to drive.
- I know exactly where he/she is going.
- Fewer temptations to seek old ways.

Con

- I don't know where he/she is going.
- May be tempted to see old friends.
- May drive by places he/she used drugs.
- May seek to find new dealers.

Should we really spend the time writing a contract?

Pro

- Established formal guidelines and rules.
- Everyone is able to use the contract to determine what is acceptable...
- Encourages family participation in recovery process.

Con

- Takes too much time.
- Rules may be hard to follow.

