

Tool 12.3: Brainstorm behavior alternatives¹²

Date:

You may feel like you've tried every possible way to motivate your loved one toward recovery. This activity can help you generate new ideas, based on your loved one's own motivators. Just remember: This activity only generates ideas. Whether and how you make any suggestion to your loved one should depend on your relationship's current state.

I think my loved one engages in their addictive behavior because:

Ex: Needs to relax after a demanding workday

To me, it seems to help them meet these basic needs:

Ex: Reduce anxiety, enjoyment

Alternative ways I could help them meet these needs:

Ex: Give time to unwind after work instead of helping with chores or kids right away

¹² Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.