

27.5) Sample Spousal Goal CBA

Insist that my spouse become totally abstinent right now

Pros

- 1) If my spouse abstains for good then all drinking harms are eliminated for good
- 2) It makes me feel righteous

Cons

- 1) This might backfire and my spouse might drink more
- 2) Making my spouse feel bad about him/herself might lead to increased drinking

Encourage my spouse to take small steps toward harm reduction

Pros

- 1) It is easier to succeed at a small change than a large one
- 2) It might be possible to eliminate the biggest alcohol related harms immediately

Cons

- 1) I want change and I want it now!
- 2) We might continue to suffer alcohol related harms due to my spouse's drinking