

27.3) Sample Spousal Style CBA

Continue to use a confrontational style with my spouse.

Pros

- 1) It is easier to talk to my spouse the same way I always have than to learn a new way
- 2) I get ego gratification from bawling out my spouse
- 3) I get revenge by watching my spouse fail when I refuse to enable him/her

Cons

- 1) My spouse may drink more in reaction
- 2) My spouse might get fed up and leave

Use empathetic listening and elicit harm reduction plans instead.

Pros

- 1) Statistics show that this method has a better chance of succeeding
- 2) A chance at lasting change is worth the effort
- 3) Reduced harm is always better than increased harm

Cons

- 1) My spouse might not change anyway
- 2) It is very hard work to change my way of talking to my spouse when I am used to being confrontational