



Natural Consequences Worksheet

This exercise will help you identify specific negative consequences of your child’s substance use, the ways you may be intervening to protect them from experiencing natural consequences, and ways you could allow them to happen.

<p>Step 1: What are the potential or actual natural consequences of your child’s substance use? Focus on the “safe to allow” consequences.</p>	<p>Step 2: Is there anything buffering their direct experience of these consequences? Is there anything you are doing, inadvertently or purposefully, to soften these downsides?</p>	<p>Step 3: What can you do to let your child experience one or more natural consequences more directly (Without putting them at too much risk)?</p>
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Examples

Coming home late again and missing dinner	Cooking them a late dinner so they aren’t hungry	Let them figure out what to eat on their own. It’s okay to go without a homecooked meal for a night and they will learn to be home on time if they desire it.
Staying out late, oversleeping and being late for work	Calling them to get up so they don’t get fired	Let them be late and allow their boss to handle it. If they get fired, they will learn their lesson for the next job.
Getting another DUI and needing help paying for legal fees and court fines	Paying for the fees and fines so they can get their license back	Instead of bailing them out again, decide you will help them in other ways or, if you do offer financial help, develop a repayment plan.

For the complete *Parents’ 20 Minute Guide*, go to <http://the20minuteguide.com>

The Parents’ 20 Minute Guide, 2nd edition. Center for Motivation and Change (CMC), 2016, p. 101