



RISEWELL RECOVERY

EMPOWERING YOUR JOURNEY

CRAFT Step-by-Step Checklist

This checklist is designed to help families practice the principles of the Community Reinforcement Approach and Family Training (CRAFT) in daily life. Print it, keep it visible, and use it as a gentle guide to walk beside your loved one while protecting your own well-being.

Daily Practices

- Notice one positive action your loved one takes and **affirm it** with kindness.
 - Use at least one “I” statement to share how you feel in a calm, respectful way.
 - Set or reinforce **one healthy boundary**
(for example, “I cannot give money, but I will share a meal with you”).
 - Choose **one act of self-care** for yourself today
(walk, meditation, journaling, calling a supportive friend).
 - Avoid enabling behaviors: pause and ask
“Am I protecting them from consequences, or am I supporting recovery?”
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Weekly Practices

- Reflect on which positive reinforcements felt most effective this week.
- Write down one boundary you honored and how it made you feel.
- Attend or consider attending a **support group**
([Al-Anon](#), [SMART Recovery Family & Friends](#), or [Families Anonymous](#)).
- Review your self-care: Did you rest, nourish, and connect with support?
- Journal one moment when you felt hope and resilience.



Scripts to Keep Handy

- Positive reinforcement:
"I noticed you did _____. That made me feel _____."
- Healthy communication:
"I feel _____ when _____ happens. I care about you and want us to feel safe."
- Boundary setting:
"I want to help, but I cannot _____. What I can do is _____."

Monthly Reflection

- Did my loved one respond to positive reinforcement in any way?
- How am I protecting my own wellness and resilience?
- What conversations felt constructive, and where can I improve?
- Do I need additional support through recovery coaching or counseling?

Remember

Your role is to walk beside your loved one, not carry them. CRAFT gives you tools for encouragement, safety, and balance. Each step you take matters.