

## LIST OF EXAMPLES OF NON-EXPLICIT LEVERAGE

In the absence of explicit leverage, families need to identify and attempt to use other forms of leverage. I call this **NON-EXPLICIT LEVERAGE**. This is also called bringing up the bottom or creating consequences in order for the addict to experience the reality of his/her addiction. In this section, three types of non-explicit pressure are described:

- **Soft Pressure – Personal**
- **Externalize (It's not me, it's you.) – Opportunistic Pressure**
- **Action Based – Creating Consequences**

The goal of using leverage or pressure is to encourage a change in behavior by the addict until she internalizes the motivation to engage in new behaviors.

### **A. Soft Pressure – Personal**

The family can be a powerful tool to support recovery, particularly when managed with the help of a professional.

- Relationships
- Values
- Interactive dialogue (individual and family)
- Status
- Family standard or ethic
- Peer advice
- History of unresolved addiction in previous or current generation
- Children
- Family meets with therapist
- Contract to limit or stop using

### **B. Externalize (It's not me, it's you.) These are Opportunities!**

These are opportunistic in the sense that they can arise unexpectedly or may in fact be expected to happen, with the timing uncertain.

- Educational failure
- School incident or requirement
- Financial need or request – overspending, investment/business failure
- Public incident – wedding, country club, cocktail party, etc.
- Medical crisis
- Criminal incident
- Addiction evaluation standards

### **C. Action Based - Creating Consequences**

These ideas center on the family taking action to change the conversation or environment so the addict becomes more aware of her/his addiction – creating consequences.

- Family programs
- Videotape
- Child neglect – Senior neglect
- Withhold/restrict visits with grandparent or other relatives
- Professional evaluation/in-patient evaluation
- Address side issue – depression, ADHD, ED, gambling – as a way to address addiction
- Family hire staff and fire enablers
- Near-death experience
- Fiduciary standard or family criteria