

Principle 2 The 4 Ps

In this exercise you will look at the most common ways of trying to control your drinker's behaviour and how successful you are in achieving your desired effect.



Principle 2

In the last workbook you looked at how much time you spent thinking, worrying and trying to do something about your drinker's behaviour. In this second workbook we continue that theme by looking at some specific strategies that people use to manage the drinking behaviour.

Again, we hope that you will make a point of working through all of the exercise books. They are important. By completing the exercises you will be launching yourself on the journey to change your circumstances.

Again we stress don't just read the workbooks – engage with them. Just as reading a book about fitness won't get you fit, it is the same with behaviour change. You need to put in the effort for both.

Remember, and this is very important, as before there are NO right answers. All you are being asked to do is to describe what is happening to **YOU** so all answers that you give are relevant – even if you think that someone else might disagree.

You are the expert in this situation.

Now let's get started.

Exercise

The exercise for this mailing is designed to give you insight into your **reactions** to the drinking and the **effect** that it has on their drinking, your emotions and mental state and your relationships with yourself, the family, your friends and the drinker.

Remember – these are normal reactions. We are not saying that you should not be doing them, or that the drinking is your fault, or that you are abnormal or a bad person.

What we are saying is that you need to look at how effective these responses are. If you are like most people who live with a drinker, they are probably ineffective and may even make things worse but that is something that you can now test for yourself.

Bottled Up is a program of empowerment and, in order to be empowered, we need to stop (or reduce) behaviours that take our power away. So if the 4Ps work for you, carry on doing them.

However we strongly suspect that they don't work for you, or you would not be here looking for an alternative strategy.

Instructions

On the next page you will see a table with 4 columns –

When – enter the time and date of the incident eg
Thursday 17th October at 12midnight.

Circumstances – enter anything that describes the event eg at
home he/she came in late and drunk

Your reaction, which P – The 4 Ps are Pick a fight, Punish, Police,
Plead. Listen to the audio for a definition of
each of the responses.

What was the result? – How did it turn out? Did you feel
better/worse? Did it improve relationships?
Did it make a difference to the drinking
behaviour?

Complete this workbook for the next 14 days and you should start to
see what effect your responses are having on the drinking behaviour.

When	Circumstances	Your Reaction Which P?	What was the result?

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