

How to Help Someone Consider Treatment

Asking someone to enter treatment is a big step. You want to make sure that he/she is open to a conversation about treatment and is not currently intoxicated or arguing with you. You also want to have a list of potential treatment options available to your loved one. Use this action plan to help you prepare for the treatment discussion.

Treatment options available:

Numbers to call:

Good times for me to talk to my loved one about entering treatment are:

Things I should remember to say when I talk to my loved one about entering treatment:

What I will say if my loved one agrees to enter treatment:

What I will say if my loved one does NOT agree to enter treatment:

Ways I can take care of myself after I talk to my loved one about entering treatment: