

HOW TO TALK TO YOUR LOVED ONE ABOUT ADDICTION

Admissions
(631) 508-5522

Toll-free
(877) 935-5274

525 Jan Way,
Calverton, NY
11933

Wellbridge.org



- ▶ Consider the best time to have the conversation. Make sure everyone is calm and able to focus on the content of the conversation.
- ▶ Start by expressing your love and concern. Even though it may be apparent, it is good to verbalize how much you care about your loved one.
- ▶ Explain why you have such a strong reaction to their substance use. Talk about their wellbeing or how difficult it must be to be in pain.
- ▶ Speak honestly about how concerned the family is and how willing you all are to work together going forward, and that starts with this conversation.
- ▶ Express your wishes to explore treatment options together. Emphasize how important you believe it is to engage the entire family in the treatment process.
- ▶ Mention that your entire family will support this process, which includes your willingness to seek help and learn new skills as well.

HOW NOT TO TALK TO A LOVED ONE ABOUT ADDICTION

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- ▶ It is not helpful to have a conversation when your loved one is under the influence.
- ▶ Don't surprise anyone with such an important conversation. Plan it, prepare a few notes and wait for right time.
- ▶ Addiction is a disease of the family. Don't ignore the need for each member to understand and deal with these feelings.
- ▶ Sometimes it's best not to do all the talking. A person with an addiction is more likely to confide in you about what is really going on for them if you listen without interrupting or criticizing.
- ▶ Don't try to fix the situation yourself. Addiction is a serious disease that requires the guidance and treatment of clinical professionals.
- ▶ Even if your loved one refuses treatment, don't forget about yourself. There are addiction professionals who can help you, too.

Wellbridge
Addiction Treatment and Research



We are here whenever or however you need support

Please contact us anytime, 24/7, if you have any questions or if you want to explore treatment. If it is a true medical emergency, please call 911.