

# INTERVENTION WEBINAR

What If Families Say 'No' During an Intervention?



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Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.





## What If Families Say 'No' During an Intervention?



#### The Big Question



- Families' #1 Fear: "What if they say no?"
- But often, families themselves say 'no' first due to unseen barriers
- The problem isn't just the loved one's addiction/mental disorder – it's the family system too

## Why Families Resist Intervention





#### Common Barriers:

- Belief that the loved one must "hit bottom" or "want help"
- Fear of the unknown > Fear of current situation
- Anxiety about change for the whole family
- Desire for a "comfortable" or easy solution
- Letting go of perceived control

## Family Roles in Addiction





- Families function as a system; addiction disrupts balance (homeostasis)
- Members subconsciously adopt roles to cope
- Roles become maladaptive barriers to seeking help
- Yes one person can play multiple roles
- All roles seek attention from the Enabler



### The Substance User & The Enabler



- **Substance User:** Creates chaos/drama; shifts blame; makes others feel at fault
- Enabler: Provides comfort (rewards addiction);
   diverts attention to the loved one
- Result: Other family members "act out" roles to regain attention
- Enabling continues because there's a reward for the enabler too.

## The Martyr & The Hero





- Martyr: Plays victim; makes excuses; fears change to their identity
- Hero: Perfectionist; overachiever; believes "I must fix this"
- Both undermine intervention efforts subconsciously



### The Scapegoat, Lost Child & Mascot



- **Scapegoat:** Acts out negatively to draw attention
- Lost Child: Isolates to test who cares (present in many substance users)
- Mascot: Uses humor/diversion to create illusion of normalcy
- Common Goal: Cope with dysfunction; block real help

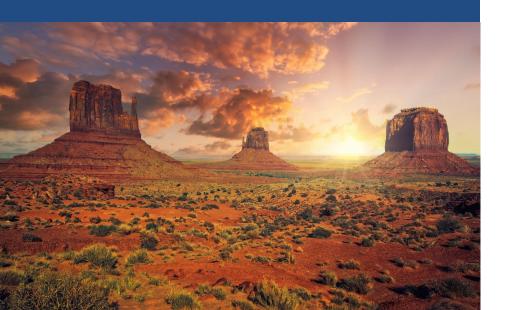


#### How Roles Prevent Help



- Families unknowingly protect their roles, not just the loved one
- Excuses made for the loved one (more than at the intervention itself)
- Resistance to professional help: Seen as "sales" or unnecessary
- Often exclude certain roles (e.g., Martyr) from planning phase
- Intervention is about letting go, not control

## Overcoming the 'No' – From Family and Loved One





#### • Families who succeed understand:

- You've hit bottom no need to wait for them
- Loved one wants help but is comfortable
- Intervention won't make things worse
- Not everyone needs to decide upfront
- Fear of "no" doesn't have to stop you
- Your loved one will have an intervention either family-led or consequence-driven.
- Change requires family recovery too.



# Stop Accepting Excuses and Start Getting Help

**Questions? The Floor Is Yours!** 

Prefer to talk in private? Get in touch below:

**Call Us:** 1 (888) 291-8514

Chat with us: family-intervention.com