

INTERVENTION WEBINAR

What If Families Say 'No' During an Intervention?

 Starting Soon



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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
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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
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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
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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.
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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
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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
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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
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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.
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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
