Discuss Treatment Options

Treatment Action Plan

Timing is important when talking to your loved one about entering treatment. You want to make sure that they are open to a conversation about treatment (e.g., not currently intoxicated, arguing with you).

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: