

Top Reasons Why Families Don't Get Treatment

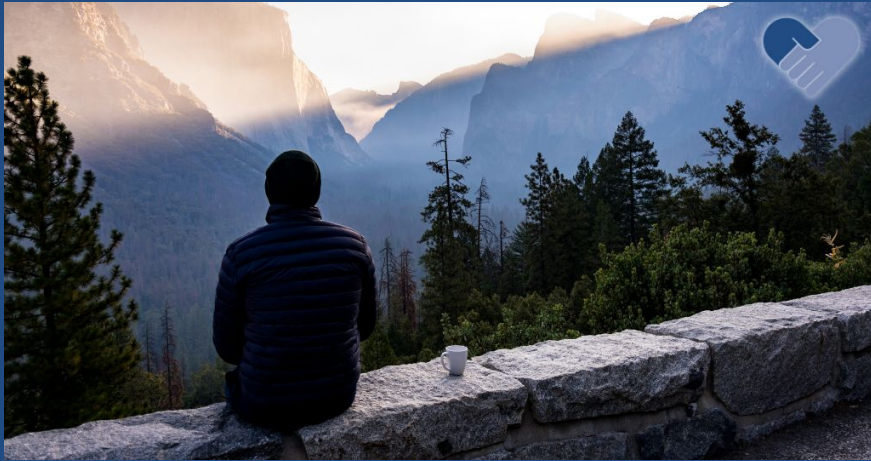
It can be a difficult decision for families to take that first step.



Between the excuses that the substance user makes to manipulate the families and the family's fear of change from recovery, it can be difficult for families to make the final decision on whether they need treatment or not. Instead of following through with getting help, they instead create excuses and continue to enable the addiction.

Common Excuses Substance Users Use to Avoid Treatment

“I can quit whenever I want”



Saying they can quit whenever they want sells the family false hope that they may actually do that one day. The problem is, why families are waiting for this to happen, they are almost always sinking on the ship with the addict. If the addict can quit whenever they want, why are they still using drugs or alcohol as things worsen? For an addict to quit, the consequences have to become greater than drug and alcohol use benefits. Until the addict sees a greater need for change than a greater need for staying the same, they will continue to use drugs and alcohol.

“I’ll get fired”



First off, **their boss or supervisor already knows**. Almost every alcoholic, addict, and family doesn’t believe this, but the employer is already aware. Another distorted belief by the addict is **they believe they are not replaceable**. Their ego allows them to think that if they are not there, the place could not possibly carry on without them.

The true feelings that lie inside the addict are the opposite: **They are afraid that if they go to treatment**, their employment will function just fine without them, and it will be recognized that they are replaceable. At the same time, the family of the addict thinks the job is the only thing holding them together in one piece: **“If they lose that job, they will go downhill.”**

“It’s too expensive”



During an intervention, the addict almost always tries to flip the script and say that the treatment center or the interventionist is only in it for the money. Any more than their drug dealer or the liquor store owner? The addict has no problem spending your money on themselves, yet has a problem when the money will be reallocated to treatment centers and addiction professionals. Saying it is too expensive is not even a good excuse. It screams discrepancy and is just a way for the addict to act as if they care about whether or not the family has to spend their hard-earned money.

“I can’t leave my children”



Most people are not involved or emotionally connected to their children when using drugs or alcohol. Even if they are, the children can sense something is wrong, and it will have an emotional impact on them later in life. The longer they are under the influence and around their children, the more damage this will cause them.

Top Reasons Why Families Don't Get Help for Addiction

My loved one will say “No” to treatment



Subconsciously, the family is concerned with what will happen to them if the substance user says yes. Forgoing intervention, believing they will just say no codependently, makes it all about the substance user. It also suggests the fear that if he or she says yes, the codependents have much to change themselves. The family has been hearing “no” from the substance user up to the time they make the call to us. Families know how to do “no”; it has become their new normal. “Yes” means a complete change for both the family and the substance user and requires setting aside the illusion of control. We professionals remind one another: “If you want to understand the problem at its core as to why families are afraid to intervene and change, just watch what happens to them when the loved one says yes.” This kind of change is difficult, especially at first, as most change is. As with the substance user in recovery, the situation gets better with time.

Substance abuse disorders cause turn family members against one another

Family members start to acquire reasons to avoid helping their loved ones. There is often something gained by holding onto certain family roles such as the hero or the enabler who seeks to remain feeling needed in the relationship.



The family believes the substance abuse is the primary problem

Family members often blame the addiction as the cause of the family problems when the problems more frequently stem from the family members reacting to the other family roles.



Family members avoid confrontation and the fear of rejection



Creating Ambivalence and Confrontation is proven to be the most effective method to move a substance abuse disorder client through the stages of change when applied therapeutically and professionally.

Family members frequently find objections to solutions offered



This is often due to unresolved and misplaced emotions. Some family members unconsciously avoid the steps required to help their loved one in order to hold onto the new family patterns of confusion and chaos.

Support Without Enabling

Learn About Addiction



- Understanding **what your loved one is up against in their addiction and their recovery** can help families better understand what they can do differently.
 - **Al-Anon groups for yourself** and attending Open Alcoholics Anonymous or Narcotics Anonymous meetings can be very helpful too. Open AA and NA meetings are available to anyone and all are welcome. One does not need to be an alcoholic or addict to attend.
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Participate in Family Therapy



It is without question that a healthy family increases the chances an addict can get **better**. Even if they do not get better right away, the family can still change and improve their quality of life. Individual therapy, self-help groups, workshops, [Family Recovery Programs](#) are all helpful for families to learn the benefits of detachment and the destruction of enabling.

Set Boundaries and Learn Effective Communication



Boundaries are your way of saying I love you and I don't love your addiction or your current behaviors. Boundaries are another way of saying that you love yourself and other family members who are affected by your enabling and unhealthy behaviors. Learning how to effectively communicate with an addict still using substances or in early recovery helps both you and them.

If what you were doing wasn't working it is time to try something different.

When we start to protect the feelings of another individual, we often realize at some point we were trying to protect our own feelings. Being emotionally connected to the ups and downs of another can take away our identity, integrity, happiness, and individuality we once had.

Intervention Gives an Unbiased Professional Perspective

- If you've avoided confronting your loved one with a professional intervention about their addiction and the need for treatment, it could be a result of you protecting your own feelings and role in the family system. When you look at all of the trouble, heartache, and consequences drug and alcohol abuse brings to someone, you may often ask yourself why they do it. Although the reasons people abuse drugs and alcohol are endless, the question is what is it providing that is so great that they would allow it to continue even in the face of extreme consequences? After all, the drugs and alcohol are providing them with something so powerful that they are willing to sacrifice anything and everything to get it.
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