

6 Common Excuses Addicts Use to Avoid Treatment

Excuses, Excuses



There are 6000+ excuses that addicts make when trying to avoid treatment, but today we will focus on only a few.

Hardest Times for Families



There are three times families have to face the challenges of excuses that addicts use to avoid getting help.

- Before they are in treatment and using drugs and alcohol.
- When they are in treatment and want to leave.
- When a person who has been clean, sober, or abstinent for some time starts heading for a relapse.

Interestingly enough, the excuses addicts use to avoid getting help are almost identical to those used in the other two scenarios.

“I can quit whenever I want”



- Most substance users diagnosed as moderate or severe cannot stop solely on willpower, fear, mild consequences, and self-knowledge.
 - The other concern is if the addict can quit whenever they want, why do most of them need their families and the support of others to [help them with their addiction and lifestyle choices?](#)
 - If it were that simple, then they should do that; just quit. The family could and should try letting them manage their addiction independently in and of themselves on their resources to test this theory.
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“I can quit whenever I want” Continued

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- 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.
 - 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.**
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“I’ll get fired”



Worrying about the job and stating they will just get fired is one of the most common excuses at an intervention not to accept help. Addicts and alcoholics use their job to justify that they are not as bad as “those junkies and drunks who do not work.” They wear their job as a badge of honor as if they don’t have a problem. A couple of things to consider:

- 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.
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Continued:

“If they lose that job, they will go downhill.”

- The reality is that fearing they will get fired is an excuse with many layers that have little to nothing to do with the actual job itself.
 - It is the justification it brings, along with the fear of being exposed that they are not as important as they think they are. T
 - When you look at it from this perspective, the fear of getting fired if you leave for treatment could be considered an oxymoron.
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“It’s too expensive” etc.



- The cost of paying the deductible to go to treatment is similar to paying the deductible for other health care concerns.
 - If someone is uninsured, treatment can cost money, and that is understood.
 - The addict has no problem spending their money or the family’s money on drugs or alcohol and other means of support.
 - To say that treatment is too expensive is saying that spending money on getting better is not as important as spending my money or your money on drugs, alcohol, and a destructive lifestyle.
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Additional Excuses



- The excuses listed above are common, and there is not enough time to list every reason an addict can make and the ones we have heard.
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Categories of Excuse Making

Excuses for Not Getting Help During the Intervention Process



- **I don't want my family paying for treatment –** They have no problem accepting money or spending money of their own on drugs and alcohol.
- **You went about this all wrong –** They often state,

“If you had just come and talked to me, I would have gone to treatment. Now that you pulled this intervention, I am not going anywhere.”

Additional Excuses:



- I can't leave my children
 - I can't leave my pets
 - I will not go to inpatient treatment
 - Events Coming Up
 - I will not go far away for treatment
 - I am only going for 30 days or less
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Excuses for Leaving Treatment Against Medical Advice (AMA)



- There are drugs or alcohol here, and I have to leave
 - We keep doing the same thing here in treatment
 - I have to get back to my job
 - I miss my family
 - I have to get home for an event
 - I don't like anyone here
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Excuses when Headed for a Relapse



- I don't like those AA people or groups anymore
 - Become critical of others
 - Simply put, **resentments lead to relapse.**
 - Being secretive about where they are
 - An overall change in behavior
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Stop Accepting Excuses and Start Getting Help
