

INTERVENTION WEBINAR

**How to Help Families and Their
Loved Ones Overcome Their
Fear of Change**

 Starting Soon



Mike Loverde, MHS, CIP

President & Founder,
Family First Intervention

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.

How to Help Families and Their Loved Ones Overcome Their Fear of Change

Understanding the Fear of Change

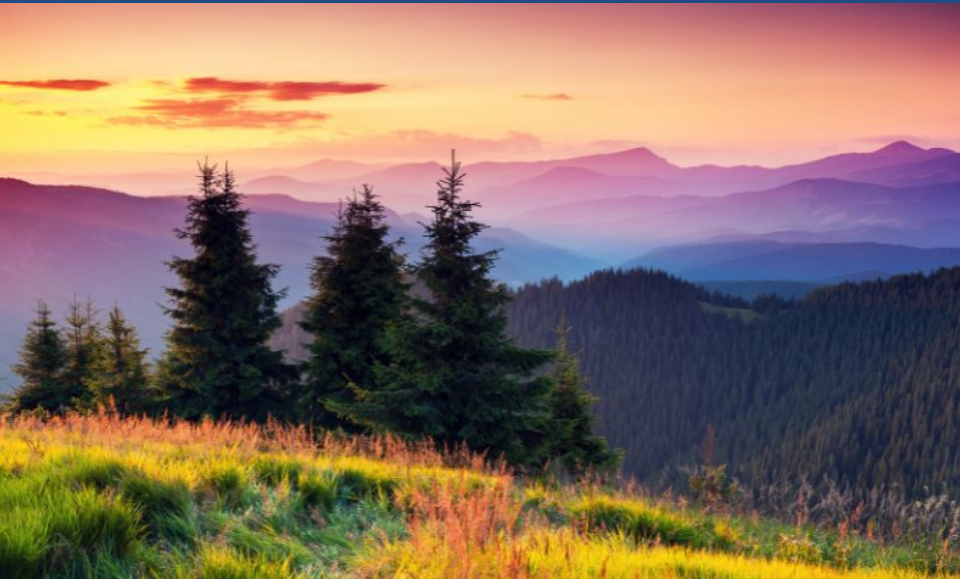


- **Why Do Families and Substance Users Fear Change?**
 - The comfort of the familiar, even when it's unhealthy.
 - The role of codependency and enabling in maintaining the status quo.
 - Fear of losing control and uncertainty about the future.
 - **The Illusion of 'Rock Bottom'**
 - Why waiting for a loved one to "hit bottom" is ineffective.
 - How families can take proactive steps to encourage change.
-

The Five Dimensions of Motivation for Change

- **Desire**
 - **Ability**
 - **Reasons**
 - **Need**
 - **Commitment**
-

The Stages of Change and Their Challenges



- **Precontemplation Stage**
 - Recognizing denial and lack of awareness.
 - How families can plant seeds of change.
 - **Contemplation Stage**
 - Moving past defensiveness and resistance.
 - Avoiding unproductive arguments that reinforce the status quo.
-

The Stages of Change and Their Challenges (cont'd)

- **Preparation Stage**
 - The difference between verbalizing change and taking action.
 - The importance of setting realistic expectations.
 - **Action Stage**
 - Implementing behavior changes and committing to a new path.
 - What families should and shouldn't do to support recovery.
-



The Stages of Change and Their Challenges (cont'd)

- **Maintenance Stage**
 - Why continued effort and growth are necessary.
 - How to prevent stagnation and relapse.



How Families Can Support Change Without Enabling



- **The Importance of Setting Boundaries**
 - The difference between tough love and abandonment.
 - Why boundaries protect both the family and the substance user.
 - **Avoiding Common Pitfalls**
 - How family members unknowingly reinforce addiction.
 - Recognizing manipulation and emotional bargaining.
 - **The Role of Family Recovery**
 - Why families need their own healing process.
 - Engaging in support groups and professional guidance.
-

Addressing Relapse and the Fear of Failure

- **Understanding the Three Stages of Relapse**
 - Emotional Relapse – The warning signs before substance use begins.
 - Mental Relapse – Rationalization and justification of old behaviors.
 - Physical Relapse – Returning to substance use.
 - **How to Respond to a Relapse Without Losing Hope**
 - Viewing relapse as an opportunity for learning and growth.
 - Adjusting recovery strategies to strengthen long-term success.
-



Seeking Professional Help & Creating a Sustainable Recovery Plan

- **The Role of Interventions in Overcoming Fear of Change**
 - Why a structured approach increases the likelihood of success.
 - How professionals help both families and substance users navigate fear.
 - **Choosing the Right Treatment Approach**
 - The impact of integrated treatment teams.
 - Ensuring long-term care and relapse prevention.
 - **Sustaining Change for the Family and Substance User**
 - The power of consistent accountability and support.
 - Why family involvement in recovery is critical.
-

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
