

## Mistake # 1: THE EVIDENCE MISTAKE

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Stacking up specific evidence is the court of law approach mistake. This sets up an “I’m right, you’re wrong” situation, and is the lets’ convict them into treatment agenda. Instead, have what you love about them, be central in what you communicate. If they walk through the doors of treatment with their head held higher than when they first woke up, your words are a big reason why.

## Mistake # 2: THE ULTIMATUM MISTAKE

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Escalating to an ultimatum is both a timing and framing mistake. About the timing, it’s that people jump to this too quickly. This mistake opens up the unwanted door for a fight-flight-freeze response in your loved one. If they shut down, we are not being heard. The unhealthy framing of absolutes and fatalistic communication such as “we are done here” are a grave mistake. These words will echo with negativity long past the day you speak them. Instead, take a calm approach and exchange the ultimatum frame for a temporary stance as a redefined boundary that still includes consequences but also includes a clear invitation to re engage when recovery is being pursued.

## Mistake # 3: THE ELIMINATION MISTAKE

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Elimination mistakes involve who you invite to participate. This misunderstanding can narrow down the team to just the directly affected and eliminate someone of great significance. The participants you invite largely influence whether or not your loved one says yes to treatment. Therefore, love, respect, and positive history even if it feels like ancient history between trusted family members, or friends and the person struggling are of the greatest impact at your intervention. Another elimination mistake is to forget that newer person that might really add to the chemistry. That person genuinely cares enough to get involved, yet you might think they don’t understand enough about what’s really wrong. They can be a great addition offering a current source of hope to your loved one. The final elimination mistake is excluding someone who is angry. Although that could seem best, having them included might be priceless. So often the flip side of anger and frustration is a deep and loyal love.