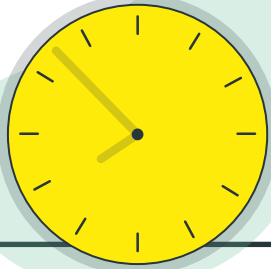


Tips for a Successful Intervention

Don't fret too much over the success of the intervention. Rather, take its success into your own hands by planning it carefully and thoughtfully.

Choose the right time to talk

It can be impossible to find a good moment for an intervention, especially when your loved one is always under the influence.



Rehearse, rehearse, rehearse

Roleplay the intervention before it happens. You'd be surprised how tearful an intervention can get, and the heat of the moment can cause you to lose what you were going to say.



Be careful who you invite

Your intervention team should only include people who have a good relationship with the person in question. That means no inviting estranged family members who want a second chance.

Use open body language

Be conscious of what your body is saying! Sit with your legs uncrossed, look at your loved one while speaking, and lean in. Don't clench your hands or sit stiffly.



Speak in the right order

The goal of an intervention is simple... you've done well if the intervention ends and your loved one goes to treatment. Think about the script order before the intervention starts.

Get Your Loved One's Intervention and Treatment Started

At Bedrock Recovery Center, we offer comprehensive drug and alcohol addiction treatment that includes Detox Programs, Residential Inpatient Programs, Medication Assisted Treatment (MAT) and more.

Visit The Bedrock Website

Visit our website: [BedrockRecoveryCenter.com](https://www.BedrockRecoveryCenter.com) and fill out a form or email Bedrock at: hello@bedrockrecoverycenter.com



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Get help to start your recovery today.



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