

Supplemental Materials for the Intervention Workshop video series

Sample Intervention Letter

Dear Joan:

You are my friend, my confidant, my sounding board, my staunchest defender, and most of all, my sister. I love you very much!

I love you for your steadfastness, your resolve, your wisdom, your integrity, your common sense, your sense of duty and responsibility, your devotion, your wicked sense of humor--and your tolerance of my wacky sense of humor. I even appreciate it when you correct my grammar; and I acknowledge that, most of the time, you are right. I look up to you, and I depend on you. You give me trusted counsel when I need to talk about whatever dumb thing one of my children has done in any particular week. (By the way, I think you may be ahead at the moment.) I don't know if I have ever properly thanked you for all your support of me while I was in college. When I was at the U, Mom and Dad were going through some difficult financial times. Your generosity and moral support helped me get by. I always looked forward to coming to your beautiful home for a weekend. What a serene place to get my studying done! When Mom was so sick and we (mostly you) had to care for her, you taught me important lessons about love, duty, and devotion. Through your strength, I could be strong. (I could even fix the garbage disposal after I tried to grind up the celery stalks when it was my turn to make dinner and spend the night.)

It is an irony that someone who has always been in control of her life—and the lives of others—is now in the control of this diabolical disease. I have learned quite a bit about chemical dependency in the last couple of months. Even the staunchest determination will not enable you to defeat it without professional assistance. I am confident that you are smart enough to ask for and accept help.

I admit now that I did not want to accept the fact that you have this problem. I denied it. I argued with Donna. I told other people that they were wrong in their observations. In hindsight, I now recognize the signs. You were becoming increasingly isolated, not wanting to go out for dinner or to a movie or come over and play cards. As the disease began to take such a serious toll on your health and I began driving you to doctor appointments, I could no longer ignore the fact that you were drinking alcohol morning, noon, and night and depending on too many prescriptions to calm you and help you sleep. I was so scared of what was happening to you and felt so powerless to stop the downward spiral.

I will stand by your side as you work through this. I assure you that I will do whatever is necessary to help you recover. I am your sister. And you taught me well.

I have done a lot of research and I've found a treatment center that I think is perfect for you. I want you to go with Ben today to the — — Center for one month and give it your all. It's a good place. The professional staff members there will help you to help yourself and defeat this disease. I implore you to go now and cooperate fully with the treatment team. Please take advantage of the help they offer.

I know how much you value your ability to run your own life and make your own decisions. I want all of that for you and more. Following the treatment plan at the — — Center will give you your life back. I have the utmost confidence that you can apply all your resolve, and wisdom in facing this challenge. You can do this.

Your Sis,

Betty

For more information on intervention, visit <http://lovefirst.net/>

Supplemental materials for the book, Love First, by Jeff Jay and Debra Jay
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