

THE RECOVERY DESK

PREMIUM EDITION

# When Your Loved One Does Not Want Help

Communication, uncertainty and the limits of influence

## Expanded guided resource

27 pages • original tools plus premium guided practice

Worked examples • reusable plans • scripts • evidence transparency

PRINTABLE • CHOICE-BASED • PRACTICAL

**START HERE**

# How to use this premium edition

The original When Your Loved One Does Not Want Help resource is preserved and followed by 12 new guided-practice pages tailored to communication, uncertainty and the limits of influence.

## **Choose, do not complete**

Start with the page that matches the present moment. Skip, pause or return later.

## **Use it with support**

Bring a page to a counsellor, peer worker, healthcare professional, supervisor or trusted person when appropriate.

## **Test personal fit**

Notice what changed. Keep, adapt, combine or replace an exercise rather than treating it as a rule.

## **Know the limit**

This resource offers education and reflection. It cannot diagnose, provide emergency care or replace individualized treatment.

## **Safety comes before completing a page**

For immediate danger, overdose, severe withdrawal or a medical emergency, call 911. In Canada, call or text 988 for suicide crisis support.

# Before you begin

## PURPOSE

This original educational resource combines plain-language information with fictional examples and guided reflection. It is not an evaluated or clinically validated intervention, and it does not guarantee an outcome.

## YOUR CHOICE

You can skip questions, use a hypothetical example, write privately, and ask for support. Personal safety, culture, language, disability access, and practical realities matter more than completing every page.

## SAFETY AND SCOPE

If there is immediate danger or a suspected overdose, call 911 in Canada or your local emergency number. For suicide crisis support in Canada, call or text 988. For medical, withdrawal, medication, legal, or individual treatment questions, consult a qualified professional.

## FOR FAMILIES

You can offer support and set limits, but you cannot control another adult's decisions. Do not use this workbook to pressure disclosure, impose surveillance, demand reconciliation, or stay in an unsafe situation.

# 01 Distinguish invitation from pressure

## UNDERSTAND

You can ask if someone wants information or support while recognizing that they may decline. Repeating the same demand rarely creates a productive conversation.

## EXAMPLE - FICTIONAL SITUATION

A friend asks whether treatment information would be welcome, hears "no," and names their availability without arguing.

## TRY IT IN YOUR SITUATION

Write only what feels safe and relevant. You may use a fictional example, skip a prompt, or discuss it with a trusted support person.

**What have they actually said about wanting help?**

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**What offer could I make without conditions?**

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**How will I respond to a clear refusal?**

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A SMALL ACTION YOU CAN CHOOSE

Offer information once and accept the answer.

My exact next step, when I will try it, and the support I can request