

WORKSHEET

Choosing Residential Addiction Treatment That's Right for You in 3 Steps



The right residential addiction treatment program can help you learn how to heal, setting you free to live more of your life in love, peace, harmony and joy. The wrong treatment program can set you back tens of thousands of dollars with little to show but a tan and some volleyball skills.

How do you know which is which? Here are three steps to take to choose a program that's right for you.

Step 1: Assess Your Condition

Take a good look at your physical, mental, and emotional health, evaluating your condition and assessing whether you're ready to go to treatment. Use our free worksheet, [Are You Ready for Inpatient Treatment?](#)

Rate the following symptoms using this five-point scale:

1 = This doesn't apply to me at all.

2 = This is an occasional struggle for me.

3 = This applies to me often, but it could be worse.

4 = This describes my daily life; it's rare that I don't deal with this.

5 = This is a major problem and has taken over my life.

My drug use is out of my control.

1 **2** **3** **4** **5**

I am frequently depressed.

1 **2** **3** **4** **5**

I feel anxious when I'm not using or when I try to abstain.

1 **2** **3** **4** **5**

I experience self-loathing.

1 **2** **3** **4** **5**

I feel hopeless.

1 **2** **3** **4** **5**

I am consumed with despair.

1 **2** **3** **4** **5**

Step 2: Be Prepared to Get to Work

Prepare yourself to do significant self-discovery work, because at the end of the day, you're the only one who can decide to change your own life. Reflect on these questions:

Is recovery my top priority? What are my competing priorities or beliefs that could prevent my total and complete effort?

How much of my time, money, effort, and energy am I willing to invest?

Step 3: Research Your Treatment Options, and Ask a Lot of Questions

Take the time to research and find a truly holistic program that fits your needs. Don't expect other people to do the legwork for you. Set up free, confidential calls with treatment centers to learn more.

When you're speaking with addiction treatment representatives, speak up and ask questions! Investigate everything from the group dynamics to the amount of individualized counseling to the type of treatment.

For example, ask ...

- Who else is going to be in the program, and do they want to be there? (You probably don't want to do a program with a high percentage of court-ordered participants.)
- What's the amount of personal counseling time I'll receive? (Pro tip: this should be WAY more than a couple of hours per week. Think double digits.)
- Who will be doing the counseling? (They should be licensed, experienced counselors.)
- What's on the daily schedule? (Tons of "fluff" activities represent a red flag.)
- What types of treatment are being offered? (i.e., medication, Cognitive Behavioral Therapy, Gestalt therapy, etc; look for evidence-based techniques)
- How effective are these types of treatment? (Be prepared to do your homework and find out which treatment modalities really work.)
- What's the program success rate? How many program graduates are living their lives clean and sober? How is this measured?
- What are the accommodations like? Will I have my own room for comfort and privacy?
- What do past participants say about the program? Check out reviews on sites such as Rehabs.com.

Once you've done a few calls, take pause and reflect ...

What matters most to me in a treatment program? What are my non-negotiables?

What are some red flags that I need to avoid?

Does one of the programs I found feel like the right fit? Why?

A Reminder: Don't Rush.

The importance of taking your time with the decision cannot be overestimated. Don't waste your time, money, and effort rushing into a program that doesn't feel right for you and your condition.

That said, if you feel that you've found a fit, congratulations! You've taken an empowered step on the road to recovery.

Additional Space for Reflection:

Ready to see if our Program at The Clearing is a fit for you? Give us a call at (425) 275-8600 for a free, confidential conversation about your situation.

Further Reading:

- [Choosing the Right Residential Addiction Treatment \(Free Ebook\)](#)
- [5 Tips for Choosing An Addiction Rehab That's Right for You](#)
- [12 Steps Vs Non 12 Step Rehab: Making the Right Choice](#)
- [Choosing the Right Residential Addiction Treatment Program](#)