

WORKSHEET

Am I Ready for Inpatient Treatment?



Considering residential addiction treatment, but not sure if you're ready? This worksheet will take you through the discernment process step by step. Consider it your roadmap to getting to treatment. Remember, this is YOUR decision; you know yourself best. You are the expert on you!

Questions for Reflection:

How serious is my condition? Deep down, what do I know to be true about my substance use? Am I in control or is it?

What are my top priorities in my life? Am I willing to do whatever it takes to recover? Why or why not? (If the answer is NO, stop here until it is YES.)

Have I tried a lower level of care? Do I think I can heal with less than 24/7 care?

What are my time constraints? Am I willing and able to leave home and work for the time I need?

What's my financial ability and willingness? Am I willing to invest in my own recovery with savings, loans, and asking family or friends for assistance?

Ready for Residential Addiction Treatment Checklist

My addiction is serious, and I'm ready to commit to the level of care that will give me the highest probability of recovery. In fact, recovery is my top priority.

I'm willing to do some research in order to find a program that is a good fit for me.

I know that I need time away from stressful environments and my drug of choice; I want peaceful surroundings with space to rest and recover.

I know that I need more structure and support in order to heal fully.

It's reassuring to think of partnering with a trained, professional staff to monitor my health, progress, and challenges.

Even though it might be tough, I'm willing and able to leave home and work for the time I need to heal.

I'm willing to be a bit uncomfortable at first, to try something new in order to heal.

The most important thing for me is to find treatment that works; I'll do what it takes to pay for the right fit, because my sobriety is worth it.

I take full ownership of this decision; no one is forcing me to go to treatment.

I'm ready to do the physical, mental, emotional, and spiritual work of healing the core issues that fuel my addiction.

I'm committed to giving treatment my very best, wholeheartedly participating in therapy and group sessions.

I'm eager to learn and receptive to new ideas. I'm not too proud to accept help.

Ready to take the next step? Give us a call at (425) 275-8600 for a free, confidential conversation about your situation. We will answer any questions you have about inpatient treatment, and help you understand how much of your treatment costs will be covered by insurance.

Further Reading:

- [Affordable Inpatient Drug Rehab Costs and Options](#)
- [How Much Is Residential Rehab Really Going to Cost?](#)
- [Addiction and Personal Responsibility: What You Need to Know](#)
- [Inpatient Vs Outpatient Treatment: An Honest Comparison](#)
- [Inpatient Vs Outpatient: Which One Is Right for My Recovery?](#)