

Helping Someone who isn't Ready: Things to think about

1. **Check yourself.** Do they really need help? Are you pushing your own agenda or allowing your ego to be the forefront of someone else's journey? We have to allow people to go through their process. Even when it's tough to watch.
2. **Don't make assumptions** that someone hasn't changed or isn't working towards change just because it doesn't fit your view of what change should be or look like. We don't have the authority to decide what is best for anyone or make people be something or someone they do not want to be.
3. **Model Change.** The best way to show change is to be the example. Sometimes helping others is showing them what it looks like.
4. **Remember people change when they are willing and ready.** You can support someone without hurting yourself in the process. You can plant seeds and inspire change by offering tools and resources. Not doing it for them. This is their path.
5. **How attached are you to this person and their decisions?** Are you enabling? Is the attachment you have with wanting to help or save this person a lesson for you to learn?
6. **Focus on changing yourself.** Maybe changing your response or setting boundaries on how much you listen. "I think we've hit a wall. Maybe it's time you discuss this with a Professional?" Re-directs them back to taking ownership and reinforces your boundary.
7. **Re-think your idea on what support is.** Offering hugs, listening, being present in the conversation, helping them explore options, sitting with them, is still support. When you give them resources or tools and they still complain, revisit that. "Have you tried anything we discussed or things I suggested?"
8. **Think about outside support.** Are you the best person to help right now? If you constantly reach a dead or tempers rise during conversation, maybe it's time for someone else to step in.

It's important to understand that you cannot control outcomes or make anyone seek help if they are not ready. You can only control yourself and your decisions. If someone you love is not seeking help and really need it, you may need to change your response, set boundaries and/or seek support to help you cope.