



## Post-Holiday Debriefing and Action Planning

Use this tool to track your responses to questions Ginny asks during the video.

### Close-Up Debriefing

Describe in your own words how the holiday went with your son or daughter?

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What went well? \_\_\_\_\_

What didn't go so well? \_\_\_\_\_

Could you have a good time? \_\_\_\_\_

Did your son/daughter arrive on time? \_\_\_\_\_

Did they participate and help with meal prep? \_\_\_\_\_

How did they interact with family and guests? \_\_\_\_\_

Were they drug/alcohol free? \_\_\_\_\_

How was their behavior? \_\_\_\_\_

Did they lose control? \_\_\_\_\_

Were they combative or belligerent? \_\_\_\_\_

### The Forty-Thousand-Foot View

How did this holiday gathering compare to previous (last year, 3-5 years etc.) gatherings? \_\_\_\_\_

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Can you identify a trend? \_\_\_\_\_

## Getting Ready for the Conversation

Have you identified a treatment center? \_\_\_\_\_

If no, have you identified an independent addiction specialist? \_\_\_\_\_

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## The conversation

Schedule this as soon as possible.

Ask your son or daughter:

How did they experience the gathering?

What did they notice about you?

What did they notice about themselves?

Do they have any regrets about the way things went?

What is their perception of how they are doing right now?

What do they need from you?

Are they ready to go to treatment?

If yes, get their packed suitcase and go!

## Working with an Interventionist

Do you know someone active in twelve step recovery? \_\_\_\_\_

Do you know a professional independent interventionist? \_\_\_\_\_

Have you used an interventionist before? \_\_\_\_\_

Ginny may be able to help. Reach her at [Ginny@ParentingThroughAddiction.com](mailto:Ginny@ParentingThroughAddiction.com)

Resource for finding an independent interventionist:

<https://www.Independentinterventionist.com>

Was the interventionist recommended by the treatment center you have identified? \_\_\_\_\_

If yes, verify that they can recommend other treatment facilities if it is a better match for your family.

### **Setting New Boundaries**

How are we enabling our son/daughter's behavior? \_\_\_\_\_

\_\_\_\_\_

What changes do we need to make in our behavior? \_\_\_\_\_

\_\_\_\_\_

Work with an independent addiction specialist to help.

Find them on <https://www.psychologytoday.com>

Find someone that understands addiction, recovery, and co-dependency.