



**Rickard Elmore**  
**Intervention**

[www.rickardelmore.com](http://www.rickardelmore.com)

Are you in trouble?

Do you or someone you know need help now?

Help is just seconds away...

**Call or text 877-387-7197**

## **Important and Life Changing Questions to Get the Help you Need**

Knowing the answers, or at least considering these questions, will change how and when you receive help the help that you need.

25 years ago, I was stumped to most of these questions. I couldn't believe it when my counselor asked me these questions and I couldn't think of an answer! The truth is, YOU are the only one what has the RIGHT ANSWERS!

The solution is in **YOUR** hands....

### **Question #1:**

**Is the situation an emergency?**

If it is, call 911. If not, you have room to start creating some solutions.



### **Question #2:**

**Who do you know that can help you strategize the best options for you to consider?**



Is there someone you know that can help that you trust? If so, are they all the help you need, or should you continue your research to find the best approach?

### Question #3

**How long do you wait before you hire a professional?**

It's time to get honest. We can't all be good at everything! I know for sure that my best skill is NOT a computer programmer (trust me I've tried), but I DO know that my best skills are in saving lives. It's essential to know when the situation is out of your expertise, and when that time arises, hire a professional.



### Question #4

**Do you think in solutions or do you think in problems?**



A lot of time when we need help, we think within our problems, as in, we talk about what the problem is rather than what the solution could be. A beneficial way to consider things is to think in solutions. Meaning, I know what kind of help I need and how do I consider a strategy towards my long-term success?

### Question #5

**Can I do this on my own or do I need help?**

A lot of the time we do things alone only to find out we should have asked for help sooner. Remember, it's never too late to ask for help.



### Question #6

**Am I the right person to be helping?**

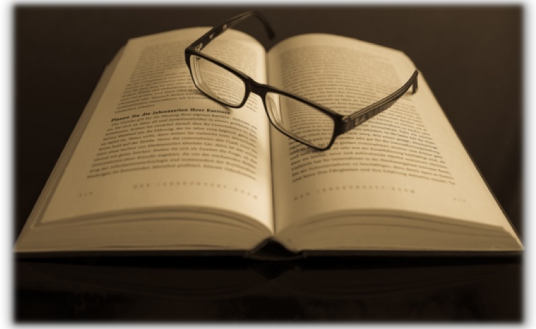
We love our loved ones so much and can sometimes feel responsible to help them ourselves. Or even feel obligated to help without seeking outside support. Sometimes you can love them to death. Be careful to recognize if someone else can be the best support toward your goal. Again, it's time to get honest.



### **Question #7**

#### **Do you have enough resources?**

Time and time again we find people have enough resources to get the solutions they are looking for. Resources come in forms of relationships. Knowledge can be one key resource. Here is a resource I use all of the time: Are you open to the solution? Or are you interested in being right? More often than not I have one call with a person and they get more in that one hour than they've gotten for years otherwise.



### **Question #8**

#### **Is the timing reasonable?**



Quite often, people expect a result with not enough time; meaning that some people tend to have expectations of change without a reasonable frame of time for the results you are seeking. Be mindful if you are seeking long term solutions you should also have a long-term plan.

### **Question #9**

#### **It's happening again what do I do next?**

As a long-term treatment strategist, I know there are going to be regressions during progression. Your response to a regression may be the only thing that saves a loved-ones life. Remember, plan for success and never allow a regression to get the best of the situation, most of success is recognizing when you are off course and getting back into alignment.



## Question #10

### Knowing what you want is your MAGIC KEY?



For a loved one it may be “I want them to be happy”. Or it could be, “I want ME to be Happy”. Let me share with you that, for us all, it’s “The better I know what I want, the easier it will be to find the solution.” We ALL need help from time-to-time to find what we want.

I hope that these “Top 10 Things People Should Consider Before They Start ANY Treatment Process” has enlightened you and/or helped your situation.

As always if you would like a consultation with me, please fill out the request form here and I will take into consideration your request.

It may take a little time for me to respond as I deal with Strategy Sessions daily. If for any reason you need help right away and it’s a non-life-threatening emergency, you can request a high prioritized response by filling out the request form here.

All the best,

Rickard Elmore

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[About Rickard Elmore](#)