15 Tips for Getting the Most Out of Rehab

1. Remember why you’re there
2. Ask questions
3. Be present
4. Follow the rules (even if you don’t like them)
5. Be patient
6. Be willing to get better
7. Keep an open mind
8. Accept that you need help
9. Commit to the program
10. Make time for yourself
11. Learn to be honest
12. Don’t expect a ‘quick fix’
13. Prepare for good days and bad days
14. Do some advance preparation for therapy
15. Be friendly