



# Loving an Addict, Loving Yourself: The Workbook

*Candace Plattor*

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# Loving an Addict, Loving Yourself: The Workbook

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## **Loving an Addict, Loving Yourself: The Workbook** Candace Plattor

Are you in a significant relationship with someone who has an addiction? Are you frustrated with watching your addicted loved ones destroy their lives? Whether your relationship is with a family member, friend, or partner, caring about an addicted person can feel like a nightmare. If someone you love is abusing drugs or alcohol or is engaging in addictive behaviors such as disordered eating, problem gambling, smoking, Internet addiction, a controlling relationship, or compulsive overspending, there is hope. Loving an Addict, Loving Yourself: The Workbook will show you how your life can improve by helping you to understand what will and won't work in your relationship with your addicted loved one--and in your relationship with yourself. As you become familiar with the top ten survival tips for loving someone with an addiction, you will learn how to offer healthier and more effective choices to your addicted loved one. Once you do this, you will feel a sense of realistic control in your life. In turn, this will increase your self-respect, which is, without a doubt, the most important thing you can change about yourself.

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