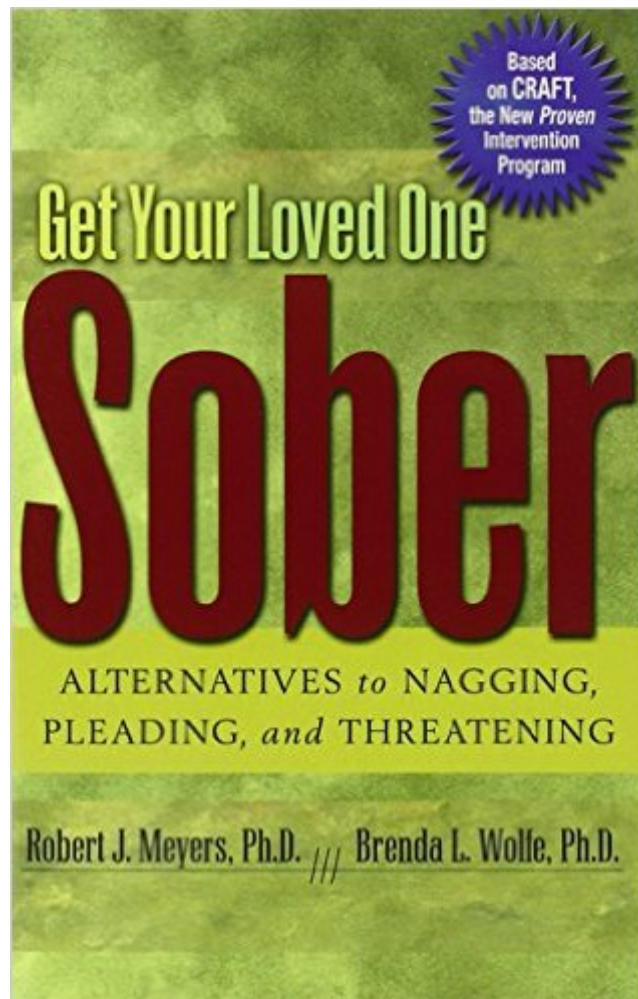


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# Get Your Loved One Sober: Alternatives To Nagging, Pleading, And Threatening



## Synopsis

Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. *Get Your Loved One Sober* describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

## Book Information

Paperback: 240 pages

Publisher: Hazelden; 1st edition (December 12, 2003)

Language: English

ISBN-10: 1592850812

ISBN-13: 978-1592850815

Product Dimensions: 0.8 x 5.5 x 8.5 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (104 customer reviews)

Best Sellers Rank: #30,665 in Books (See Top 100 in Books) #28 in [Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare](#) #48 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #57 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs](#)

## Customer Reviews

The problem that most people experience when trying to get their loved one sober is that they keep trying the same tactics over and over again without success. All their nagging, pleading, bargaining, and threatening is usually counterproductive. They must find a new approach. In their book, "Get

Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening", authors Robert J. Meyers and Brenda L. Wolf have developed a program called CRAFT (Community Reinforcement and Family Training) that uses "supportive and non-confrontational methods to engage the substance abuser in treatment." CRAFT is a program for the significant other, usually a spouse living with the substance abuser. CRAFT teaches them to improve their own lives regardless of whether the addict enters treatment or not. Meyers and Wolf claim to have a higher success rate than Al-Anon and the Johnson Institute's traditional method of intervention. Some of their useful advice includes: ~ Identify triggers, signs of drinking, and consequences of use. ~ Develop a roadmap for dealing with triggers, signs, and consequences. ~ Do not take responsibility for the drinker's behavior. ~ Change your reaction to their drinking behavior with a number of tools. ~ Stop fixing their messes and allow them to experience the consequences. ~ Attempt to offer a more rewarding activity than drinking (good luck with this one). ~ Speak to them using "I" statements instead of "You" statements. ~ Have treatment already lined up for when they are ready. ~ Know that lapses and mistakes are a natural part of life and are to be expected in a process of change.

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