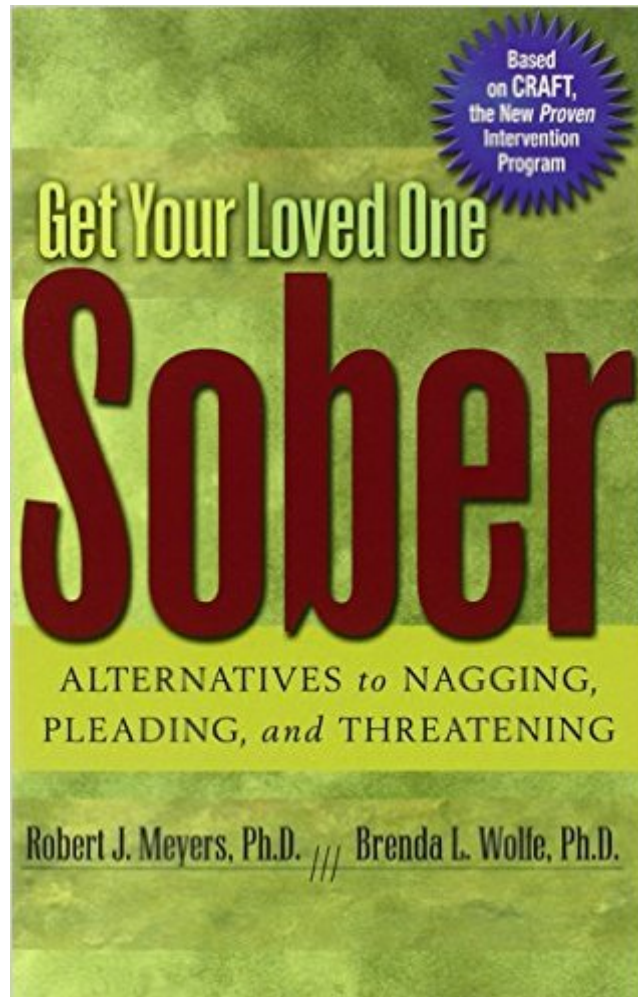


The book was found

# 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.

[Download to continue reading...](#)

Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening The Sober Revolution: Calling Time on Wine O'Clock (The Sober Revolution) Pleading Your Case: Complaints and Responses Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Treating Life - Threatening Conditions Preppers Get: Learning from the Survivors of WWII (The Prepper Pages) Cases and Materials on Pleading and Procedure (University Casebook Series) Getting Your Children Sober How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean and Sober, Recovery from Addiction and Substance Abuse Beer, Booze and Books... a sober look at higher education Our Stolen Future: Are We Threatening Our Fertility, Intelligence, and Survival?--A Scientific Detective Story Living Beyond Limits:: New Hope and Help for Facing Life-Threatening Illness Honest Medicine: Effective, Time-Tested, Inexpensive Treatments for Life-Threatening Diseases Living Sober The Staying Sober Handbook: A Step-by-Step Guide to Long-term Recovery from Addiction The Threatening Storm: The Case for Invading Iraq Life-Threatening Cardiac Emergencies for the Small Animal Practitioner (Rapid Reference) How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your

# Journey Together Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring

[Dmca](#)