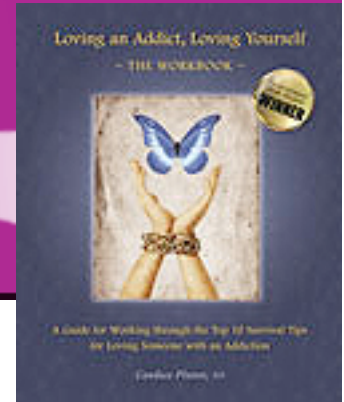


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If nothing ever changed, there would be no butterflies.



Questions from *Loving an Addict, Loving Yourself: The Workbook*

Cite some situations with your addicted loved one in which you feel you have not acted with self-respect.

What might you have done instead that would have shown self-respect?

Describe some ways that you are strong and capable.

Have you experienced times when the addict's roller-coaster lifestyle has affected your own life? If so, describe those times here.

What have you tried so far to change the relationship with your addicted loved one into something more positive?

Do you talk with anyone about what life is like with your addicted loved one? If you do, whom do you share those details with? If you don't, what prevents you from being honest about your experience?

Do you sometimes pretend that everything is much better than it really is? If so, how do you do that?

How would it feel to know that others in your life may already be aware of what is happening for you?

Are you aware of certain parts of your life that feel out of control as a consequence of loving someone with an addiction? If so, identify them here.

Do you ever feel a need to take charge and be in control, to counteract those out-of-control feelings? If yes, what are some of the ways you do this?

Can you describe the *comfort zone* that you have been living within? How do you feel when you think about moving beyond it?

Have you stayed in problematic relationships longer than you knew you should have? If so, how did you explain that decision to yourself?

Do you ever feel as if you aren't good enough the way you are, and that you just don't measure up to other people or their expectations? If yes, how do you deal with those feelings when they arise?

Do you find yourself obsessing about whether your loved one is actively engaging in addictive behaviors? If so, how does this interfere with your daily life?

Can you see any connections between what you experienced as a child and what you are dealing with in your situation now? If so, what connections are you aware of?

List five to ten things that you believe you have no control over.

List five to ten things that you feel you do have control over.

Has blaming another person for your problems kept you from making changes that would be in your own best interests? Discuss how this behavior may be holding you back from having the life you really want.

"If it weren't for the [the addict], my life would be great!" Have you ever found yourself saying that? If so, do you really believe that to be true? Why or why not?

What measures do you currently take for your own self-care?

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