

Based
on CRAFT,
the New Proven
Intervention
Program

Get Your Loved One

Sober

ALTERNATIVES *to* NAGGING,
PLEADING, *and* THREATENING

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Robert J. Meyers

**Get Your Loved One Sober: Alternatives to Nagging,
Pleading, and Threatening**



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--Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. This is its first intro to everyone. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps concerned significant others improve the quality of their lives and figure out how to make treatment a stylish option for his or her partners who are material abusers. Get YOUR BELOVED Sober describes this multi-faceted program that uses supportive, non-confrontational methods to engage material abusers into treatment. Known as Community Reinforcement and Family members Training (CRAFT), this program uses scientifically validated behavioral principles to reduce the loved one's material use and to encourage him or her to seek treatment. Equally important, CRAFT also helps family members reduce personal stress and introduce meaningful, fresh sources of satisfaction to their life.s material use and to encourage him or her to seek treatment. This breakthrough new system is sweeping the recovery field. Essential Features: --CRAFT is more effective than other styles of interventions. Historically there have been few options available for folks seeking help for treatment-resistant family members suffering from substance abuse. The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. --Proven successful for numerous addictions, not just alcoholism.



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Could not recommend If your drinker comes home once or twice a year acting silly following the office party, this publication might be for you. So Disappointed in This Reserve on EVERY Level. They must find a new approach. who gets the time to sit down and think about alternate programs (creating detours and maps in the book) to help make the drinker's lifestyle easier? Better yet--why in the event you? ~ Do not consider responsibility for the drinker's behavior. Robert Meyer's enough for this book. How come the nondrinker have to lower him-or herself to trading sex for good behavior? Changing plans and acting just like the consuming isn't hurting anyone? Nope. If the drinker behaves poorly she or he needs to find out about it. By the end of the reserve, I was discouraged as well as perhaps even a bit depressed that the suggestion was that I bend to the point of breaking in an attempt to make a adored one's life so easy that he miraculously decides that becoming sober is preferable to being drunk. If we are to trust that alcoholism is a disease, then the entire premise of the book--that alcoholics make a choice to behave better and not drink when we make their lives easier--is incorrect. All I find for the nondrinker, based on the content of the book, is a life of constantly trying to re-believe every move/word/recommendation they make to the drinker. It's a strategy that will burn up the nondrinker, the individual who recognizes that he / she desires help and stupidly bought this publication thinking they might find something useful. Save yourself and save yourself the amount of money you would have spent on this reserve. David Allan Reeves Author of "Running FROM Me" I ordered this for my kindle and it had been so . ~ Stop repairing their messes and allow them to encounter the results. Good read for families of loved ones . We ordered this for my kindle and it was thus interesting that I bought a copy for everybody in my son's family. Yeah I found out the that yelling, screaming and nagging weren't really effective (doh). I also learned it was Okay and necessary to look after myself. I can't thank Dr. putting on some lingerie and promising a wild romp in the sack if he remains sober? ~ Attempt to offer a more satisfying activity than drinking (good luck with this one)." Therefore Meyers and Wolf encourage you top maintain a journal of these activities and the results. My child got herself into treatment and with this support free of yelling, screaming and nagging she's experienced recovery for over a year now and today I'm a facilitator of the same family support group I received help from. Wolf are suffering from a program called CRAFT (Community Reinforcement and Family Training) that uses "supportive and non-confrontational solutions to engage the chemical abuser in treatment. I purchase these book 5 or so a time and give them away to close friends that are struggling with a substance use disorder. Nagging, Pleading and Threatening is normally counterproductive! The problem that a lot of people experience when trying to get their loved one sober is that they keep trying the same tactics again and again without success. All their nagging, pleading,

bargaining, and threatening is normally counterproductive. Asking a person who is normally drowning while trying to keep carefully the house and family moving in spite of the daily hassles of existence with an alcoholic can be disingenuous at best; Within their book, "Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening", authors Robert J. Meyers and Brenda L. If you looking for help to get your loved one sober this is the book for you." CRAFT is an application for the significant other, usually a spouse coping with the material abuser. CRAFT teaches them to boost their own lives regardless of whether the addict enters treatment or not. Meyers and Wolf claim to truly have a higher success rate than Al-Anon and the Johnson Institute's traditional approach to intervention. A few of their useful guidance includes: ~ Identify triggers, signs of drinking, and implications of use. ~ Understand that lapses and errors are a natural part of life and so are to be expected in an activity of change. I came across this publication to denigrate the nondrinking spouse; ~ Change your reaction to their drinking behavior with a number of tools. I'm not sure where I'd be without this tool. I'm don't yell or scream anymore and also have a lot more peace in my life now. ~ Talk with them using "I" statements instead of "You" statements. ~ Have treatment already prearranged for when they are prepared. ~ Develop a roadmap for coping with triggers, indications, and consequences. In addition they make one important stage: "If there is one overriding 'reality' in the world of behavior switch, it is that people who record important info about their lives are the people most most likely to succeed in making important changes within their lives. I know without a doubt this reserve helped me and I must say i believe that my loved one benefitted immensely from this method. And understand that the winners in lifestyle see problems as opportunities. If you're looking for a way to really get your loved on sober this is actually the book for you, but be set to change for the good. Great book. I cannot take this book seriously, at all. This publication taught me that to ensure that my adored one to change I needed to change.. In 2014 I decided to finally obtain help for myself, I started attending a family group support group that uses the CRAFT (Community Reinforcement and Family Training) method, this book is what they educate from.. Real help for drug abuse This is the first time I must say i got how someone apart from the abuser deserved to be happy and not to take on the drug abuse as your own problem. Great book. Great read for families of loved ones who are addicts. Five Stars BEST protocol for treatment-resistant loved ones! Five Stars Easy to read and filled with practical experience. Recommend.. Five Stars Great book for those who have someone you care about with an addiction of any sort. If you have someone you care about with a significant drinking problem, who's often drunk and angry or belligerent, this reserve is insulting. Absolutely terrible for me. I'm sure it may work for a few, but I see it as unrealistic and in addition putting yet even more stress and strain

on the loved one, who might already end up being at their wits end. This virtually makes the cherished one (me) experience like they ought to walk around on eggshells and accept everything their alcoholic partner throws at them.. In my personal case, every time I've informed my boyfriend that people shouldn't discuss certain points when he's drunk and we should wait for a better time, he goes mental and virtually follows me around trying to get a rise out of me and start an argument. The reserve doesn't reach those levels and seem to focus more on shiny happy alcoholics, rather than the Jekyll and Hyde of Binge Drinking Alcohol Abuse. I read precisely 48% of the reserve and if it wasn't on my Kindle, I would have got happily thrown it in the trash. I am reading plenty of books on the subject of alcoholism and also privately of a loved one and how to cope.



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