



***Loving an Addict, Loving Yourself:  
The Top 10 Survival Tips for Loving Someone with an Addiction***  
**by Candace Plattor, M.A.**

In order for people struggling with addictive behaviours to make a lasting change, they ultimately need to feel they have something of importance to lose if they continue engaging in their addictions.

When the loved ones of addicts enable and rescue them, the addictive behaviours continue and often become worse over time. Addicts need to be held accountable for their actions, and loved ones need to stop their codependent enabling if they want change to occur.

*Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction* is different from other books about family addiction because it shows family members and other loved ones that they may have become “addicted to the addict’s addiction.” The best way to disengage themselves from this lose-lose situation, loved ones need to focus on their own self-care and live their own best lives. This book is a fresh and unique approach to show the loved ones of addicts how to do just that.

**From Chapter 7, Survival Tip #5: Learn the Difference Between “Helping” and “Enabling”**

When you *choose* to give your power and control to another person, you begin to feel the sting of codependency. The truth is that no one can disrespect you without your permission, and when you engage in people-pleasing behaviors, you are implicitly giving your permission to be taken advantage of and treated disrespectfully.

Developing self-respect is an amazing journey. As you do your inner work and begin to make different choices, you will be amazed at the wonderful rewards that await you. The ripple effects are astounding. As you start to respect yourself, you will find you want to take the best possible care of yourself that you can. You will find yourself choosing healthier foods, wanting to exercise your body, and being more careful about the people you choose as friends. If you stay on this path, as a work-in-progress, you will find your entire life changes as your self-respect increases, choice by choice.