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Release

**Sex Addiction:
Did Sandra and Elin Help or Enable?**

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Although Sandra Bullock was already a household name, both she and Elin Nordegren, wife of Tiger Woods, gained a certain notoriety as a result of their husbands' very public sex scandals. Now that both Jesse James and Tiger Woods have been exposed as sex addicts, one may wonder how they were able to keep it from their wives for so long and if indeed the wives played any part in that. In other words, did Sandra and Elin enable their husbands' addiction?

"Well-meaning loved ones frequently enable addicts by giving them money or paying their rent, driving them to their dealer's place or the liquor store, or caring for their children to make up for the addicted parent's abuse or neglect. When addicts are not held accountable or given appropriate consequences for their dysfunctional behavior, they are being enabled," says Candace Plattor, Addictions Specialist.

"In the cases of Tiger Woods and Jesse James, however, I was very impressed with the way Sandra and Elin handled themselves. Basically, they were grace under fire, exhibiting a quiet self-respect to the various media that wanted to hold them up to the same scrutiny their husbands' behavior had ignited," explains Plattor.

As in all addictions, there are usually telltale signs that the person is engaging in an addictive behavior. All too often, those signs are ignored by the loved ones simply because the person has no idea how to respond to it, much less how to deal with it. This often remains as the status quo until a breaking point is reached; at that point, the relationship between the addicted and his or her loved one is sometimes destroyed beyond repair.

"Whether or not Elin and Sandra saw the warning signs while the addiction was being played out, they undoubtedly felt a combination of guilt, shame, anger, anxiety, confusion and powerlessness as their husbands' addiction became known to the world," continues Plattor.

Even if Sandra and Elin chose to remain in denial before the reality of their sex addicted husbands became public, the fact that they are now choosing to honor themselves by not remaining in situations that are detrimental to them is precisely why their partners are seeing the need to get treatment for their addiction.

“The way both Elin and Sandra have handled themselves has created a win-win outcome in a desperate and tragic situation: Because these loved ones decided to no longer enable but rather to set and maintain healthy boundaries, they have behaved with increased self-respect, and the addicts in their lives have received very necessary treatment,” concludes Plattor.

In her award-winning new book called *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*, Plattor uncovers the reality of loving someone with an addiction. All too often, people with an addicted loved one in their lives will neglect themselves in a desperate and fear-driven attempt to “help” the addict stop using the substance or behavior. But, as Plattor points out in her book, this is a lose-lose situation that does not actually help the addict at all. Instead, loved ones must make their own needs a priority, learn how to set appropriate boundaries, and focus on their own self-care.

Ms. Plattor graduated from the Adler School of Professional Psychology in 2001 with a Masters degree (M.A.) in Counseling Psychology. For over 20 years as a therapist in private practice, she has been helping her clients and their loved ones understand why they are using their addictive behaviors in the first place, so that they can begin to make healthier life choices.

Title: *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*

Author: Candace Plattor, M.A.

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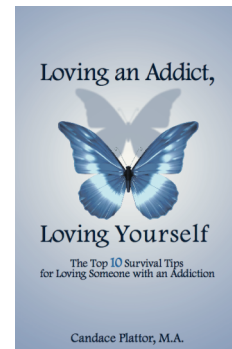
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The book, both print and ebook, is available directly through Ms. Plattor’s website at www.candaceplattor.com.



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