



# **Coping With An Alcoholic-Tips To Help You Learn How To Cope With Alcoholics (Alcoholism and Substance Abuse Book 2)**

*JC Anonymous*

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## **Coping With an Alcoholic**

**Are you exhausted from dealing with an alcoholic husband, wife, friend, child, teenager or family member? Does your spouse ignore any attempts you make to convince them that they have a drinking problem? Do you feel like you are constantly obsessing over what the substance abuser is or is not doing all of the time.?**

If you are lonely, frustrated and tired of focusing all of your time, attention, and energy coping with the alcoholic in you life, then you are the perfect candidate for the tips revealed in this guide.

When the methods suggested are carried out, your life will begin to change for the better. You will begin to experience greater amounts of peace, joy, happiness and serenity in your life.

It's possible that the changes you make in your life while reading this book could aid in your alcoholic spouse, family member or friend hitting bottom and seeking out help for their addiction problems.

## **Tips From The Book On Coping With The Alcoholic**

- Use the following statements as responses- rather than reacting in a negative way to the alcoholics button pushing: "You may be right." "That's your opinion." "That's not true." "I'm sorry you feel that way." "Oh really... tell more about that". Once you use one of these, zip your lip and say nothing more.
- Never give an ultimatum unless you are certain you'll carry through with it.
- Do not drive around looking for the alcoholic/addict.
- When they want to argue with you, tell them you don't care to discuss this now. Go into

Jordy Christo, the author of "**100 Quick Tips Guide For Coping With Alcoholics**" has been effectively helping people learn how to deal with substance abusers since 1998. He's helped tens of thousands of people all over the world learn how to handle situations involving substance abuse and he can help you too.

# Foundations For Coping With An Alcoholic Spouse, Child, Friend or Family Member:

- Detaching from the alcoholic
- Loving the alcoholic without conditions
- Setting boundaries with the problem drinker
- Stopping the process of enabling the substance abuser

This book delivers straightforward methods for **coping with an alcoholic spouse, child, friend, family member, boss, boyfriend or girlfriend**, without any fluff.

## 7 Ways Of Dealing With An Alcoholic From The Book

1. Never argue with the substance abuser.
2. Don't confront the addict's lies.
3. Refuse to go searching for them.
4. Don't call them on the phone to satisfy your curiosity.
5. Don't listen to their mean phone messages.
6. Make your point by saying things once, as anything more than that would be considered as trying to control their behavior.
7. Don't have serious conversations with the addict when they are intoxicated.

The condensed information you will be learning from was accumulated over the past forty five years. Not only has the author lived with several alcoholics, but he has battled with the disease of alcoholism in his own life. Through attending thousands of support group meetings in Al-anon and AA, reading many books, and through his own life experiences, he offers to you proven methods for coping with alcoholic/addicts that really work.

### **When you are finished with the book, you will know how to:**

1. Deatch
2. Stop being an enabler
3. Love without conditions
4. Set boundaries

If you are ready to start coping with the alcoholics in your life more effectively, through using proven techniques that work, invest in a brighter future for yourself, your relationships or your marriage by buying this book now.

Tags: coping with an alcoholic, alcohol addiction, dealing with a drinker, drug addiction, binge drinking, functioning alcoholic, setting boundaries, how to stop enabling, children, spouse, husband, wife, family member

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