

Sample Interview Questions

1. In your book, you share that it took nearly two decades of living in a co-addictive relationship before you started your recovery—what was the turning point for you?
2. What made you decide to write a book?
3. For those people who are feeling stuck in their relationships right now, what would you suggest is the first step to take?
4. Because alcohol is socially acceptable, and many people enjoy drinking, how can you tell if your loved one has a problem?
5. We frequently hear the term “detachment” when talking about codependency, but what does “detaching with love” mean?
6. What if the addict in your life is ready to get help but you can’t afford it?
7. You talk about using affirmations and visualization throughout your recovery. Can you explain why you feel this made such a difference for you?
8. What do you say to those who believe that people can’t change? Are you encouraging women to have false hope and stay in an unhealthy relationship?
9. What can families do to help the addict to recovery?
10. What is the most important lesson you’ve learned through your experience?