

Celebrity News: Demi Moore Says She Was 'Addicted' to Ashton Kutcher



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In [celebrity news](#), [Demi Moore](#) tells her story on Red Table Talk. She spoke about her relationship with [celebrity ex Ashton Kutcher](#), and her struggle to sobriety. The actress admits that she relapsed after 20 years of sobriety. The interview comes a month after the release of her new book *Inside Out*. According to *UsMagazine.com*, Kutcher told her once, "I don't know if alcoholism is a real thing – I think it's all about moderation." Moore tells Jada Pickett-Smith and her daughters that, "I wanted to be that girl. The girl who could have a glass of wine at dinner, or do a tequila shot at a party. In my mind, Ashton wanted that, too." The actress also admits that losing her [celebrity baby](#) was her fault.

Rumer, Moore's daughter, said that she felt like she had lost her mom while she was in the [celebrity relationship](#) with Kutcher. She felt as though she "wasn't good enough" for her mom.

In celebrity news, Demi Moore says she was addicted to Ashton, and it wasn't healthy. What are some ways addiction can affect your relationship?

Cupid's Advice:

Having an addiction can be very toxic in any form in your relationship. Whether it's a big or small addiction, it will have a negative affect. Drinking and smoking are the most common addictions, and they can tear your bond apart. However, there can be other addictions that have the same effects as a substance abuse. Cupid has some ways is to know if your addiction is affecting your relationship:

1. Communication starts to become strained: If you notice that your partner or your children do not want to communicate with you as often anymore, then you have to look into what you are doing differently than you used to. For example, if you are used to having family night and watching the football game together, and now no one has an interest in watching with you anymore, your addition could be the source of the problem. Ask your partner and your children why they're communicating with you less. If they respond with, "I don't like it when..." then your addiction is a serious problem.

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2. Lots of interest in public events: You would rather stay at

home and drink a glass of wine or skip a family event to go and play poker. If this is the case, your addiction might be affecting your life. You'll start to seclude yourself from people, including your family members, because you want to perform the action that everyone hates.

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3. No effort in quitting: When your family members and friends tell you that your addiction is very harmful to yourself and others, will you try to stop? If you have the "tunnel vision" mindset when it comes to your addiction, you'll never be able to see the affect it has on everyone around you. Quitting will not be easy, but it is the effort that counts. If you seriously want to quit, then find a support group nearby that will help you through the process.

How can you tell if your addiction is affecting your relationships? Let us know in the comments below!