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## **Emotional Experience and Consequences of Growing Up in a Family with Alcoholism in Adult Children of Alcoholics\***

### **Abstract**

Adult children of alcoholics are adults who spent a part of, or their whole childhood in a dysfunctional family, where the biggest problem was alcohol addiction in one or both parents. In families with parental alcoholism, there is usually a lot of dysfunction in interpersonal relationships and in the upbringing of the children, which does not provide a healthy and optimal developmental environment for the child. There is often physical and psychological violence, and other forms of abuse and neglect that children perceive as traumatic. All this leaves the child with severe consequences, which they also struggle with in adulthood. Unresolved and traumatic childhood content often remains repressed and unprocessed and helps shape one's functioning in adulthood, which is frequently emotionally and socially immature. Adult children of alcoholics often have problems in experiencing and regulating their emotions, as they had to carry many emotional burdens in a dysfunctional family, while they had no real opportunity for the healthy development of emotional regulation. The article will present research on the emotional

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# Family Secret Adult Children Of Alcoholics Tell Their Stories

**Jay David**



## **Family Secret Adult Children Of Alcoholics Tell Their Stories:**

**The Family Secret** Books Quill, Migs Woodside, 1996 Don't trust don't talk don't feel has long been the credo of children of alcoholics. Now *The Family Secret* brings together the stories of adult children of alcoholics as they write about their childhood experiences. Divided into four sections, the book reveals important truths about alcoholism and its effect on families. Part One, *Keeping the Family Secret*, provides shattering examples of how families hide the disease from others. Part Two, *Living in Fear*, illustrates how alcoholism and domestic abuse often go hand in hand. Part Three, *Early Exit*, is about the untimely deaths brought about by alcoholism and their often tragic consequences. Part Four, *It Runs in the Family*, shows how the children of alcoholics are at a much greater risk of becoming alcoholics themselves. Yet these are also stories of courage and survival.

**BOOK JACKET Title Summary** field provided by Blackwell North America Inc. All Rights Reserved. *Family Secrets* Rachel V., 1987 Tells the stories of fifteen individuals who grew up with alcoholic parents and explains how they have learned to accept their childhood memories and move on. *Curriculum and the Life Erratic* Leslie B. Nissen, 2013-10-30

*Curriculum and the Life Erratic* The Geographic Cure lays bare the untold damage done to children who are forced to endure the toxic combination of fermented parenting as author Leslie Nissen has termed it and frequent family moves at the hands of alcoholic parents who perpetually seek the elusive Geographic Cure. While such parents deceive themselves that in the next new place sobriety will prevail, their children know better. Alcoholics who chronically uproot their families for a fresh start usually carry along every reason to drink. For the school-age children of such cure-seeking alcoholics, the torment of life with a volatile unpredictable and chronically intoxicated parent is intensified by the anguish of being the new kid who changes schools at the whim of the parent. Highly mobile children bearing an alarmingly long list of prior schools may be part of a group which Nissen calls Geographic Cure Children whose chances of finding help are nearly non-existent despite their acute need for care. The dilemma of this unique subset of Children of Alcoholics is examined via autobiographical, psychoanalytic, and fictional lenses. Nissen also recounts her own urge to hit the road when diagnosed with cancer and explores the Geographic Cure writ large, observing how the current testing frenzy and clamor for cures for low test scores dominate educational policy. Could teachers panic about accountability cause them to resent new students who appear at their classroom doors mid-year? Is education encumbered because at the hands of policy makers educators are working the Life Erratic?

**Family Secrets** Rachel V., 1987 Tells the stories of fifteen individuals who grew up with alcoholic parents and explains how they have learned to accept their childhood memories and move on. **Adult Children of Alcoholic Parents** Kara Lissy, 2021-05-18 Your healing is in your hands with this evidence-based workbook for adult children of alcoholics. As the child of a parent or caregiver with an alcohol use disorder, you may still feel the impact of your experiences. Take the next steps on your healing journey with this workbook full of therapeutic techniques, journal prompts, quizzes, and other short exercises and activities to empower adult children of alcoholics. The self-guided approach allows you to work at

your own pace as you examine how your experiences have shaped you learn coping skills grow in self love and build healthy relationships free from the harmful patterns you ve experienced Supportive exercises Find exercises for combating negative self talk setting boundaries working through guilt or shame developing intimacy with yourself and others and more Proven techniques Rebuild using effective therapeutic methods including cognitive behavioral therapy assertiveness training and other empirically supported tools Realistic examples Read stories from other adult children of alcoholics who have had similar experiences to help you remember that it isn t your fault and you re not alone Discover evidence based techniques to help you heal in this workbook for adult children of alcoholics      *Recovery* Herbert L. Gravitz, Julie D. Bowden, 2015-12-29 Rich with insight and awareness *Recovery* explores the secrets fears hopes and issues that confront adult children of alcoholics Authors and widely respected therapists and ACOA workshop leaders Herbert Gravitz and Julie Bowden detail in a clear question and answer format the challenges of control and inadequacy that ACOAs face as they struggle for recovery and understanding stage by stage Survival Emergent Awareness Core Issues Transformations Integration Genesis If you feel troubled by your post *Recovery* will start you on the path of self awareness as it explores the searching questions adult children of alcoholics seek to have answered How can I overcome my need for control Do all ACOAs play the same kind of roles in the family How do I overcome my fear of intimacy What is all or none functioning How can ACOAs maintain self confidence and awareness after recovery How do ACOAs handle the family after understanding its influence And many other important questions about your post family and feelings Written with warmth joy and real understanding *Recovery* will inspire you to meet the challenges of the post and overcome the obstacles to your happiness      *Imaginary Crimes* Lewis Engel, Tom Ferguson, 2004-07 This liberating and important book shows us how to break out of the self defeating behavior patterns that have been keeping us from attaining our most cherished goals Many of our most serious psychological problems can be traced to a special form of guilt the hidden guilt we feel toward our parents or other loved ones Somewhere back in childhood we came to believe that by achieving independence happiness or success we would harm the ones we love We judged ourselves guilty of imaginary crimes and have been punishing ourselves ever since This book introduces us to a new approach to psychological healing never before presented in a book for the general public Many previous readers have found this book a profound step on their road to psychological recovery Publisher      *Working with Children of Alcoholics* Bryan E. Robinson, J. Lyn Rhoden, 1997-12-18 *Working with Children of Alcoholics* was originally published when the plight of children of alcoholics was just beginning to gain widespread public attention It was the first book to provide professionals with a direct step by step approach that shows them not only what to look for when working with children but what they can do to help them Some of the critical topics covered include identifying children of alcoholics establishing effective children s programs treatment strategies for children of alcoholics life and survival in an alcoholic home the intergenerational transmission of alcoholism the psychological adjustment of children of alcoholics health and safety hazards and academic and

behavioral concerns Working with Children of Alcoholics includes extensive resources such as names of helpful organizations periodicals therapeutic games and curriculum materials The book will be of interest to social workers public health workers psychologists school administrators drug and alcohol counselors pastoral counselors teachers and treatment centers It makes an excellent supplemental text for graduate and undergraduate courses in family and community adjustment problems of children and youth substance abuse human services and community problems

*After the Tears* Jane Middleton-Moz, Lorie Dwinell, 2010-09 The trauma and grief of growing up in an alcoholic or addicted family create a lifetime of baggage If you grew up in an addicted family the dysfunction that permeated every aspect of your childhood may have seemed normal and you may not even realize the level of affect alcohol still has on your adult life whether or not you drink If you are one of the millions of Adult Children of Alcoholics ACOAs the cost of your childhood pain can be unbearable You may have learned how to survive but are you living your life Do you fear normal conflict Do you blame yourself when something goes wrong even when it isn't your fault Are you a chaos junkie Or do you just fear relationships because they are too difficult or too painful Having devoted much of their careers to working with ACOAs therapists Jane Middleton-Moz and Lorie Dwinell now take a deeper look into the origin and cost of childhood pain as well as the grief resolution process that is integral to recovery This revised and expanded edition of their groundbreaking 1986 hit *After the Tears* discusses the latest research and offers insights on living a good life despite a dysfunctional childhood by tackling issues such as intimacy sibling relationships codependency breaking the alcoholic pattern building a relationship with the inner child forgiveness and opening a window to spirituality

**The Family Secret** Jay David, 1994 Actress Mariette Hartley comedian Louis Anderson writer Russell Baker evangelist Jerry Falwell and other children of alcoholics write about their childhood experiences in an anthology that explores all the dimensions of the pervasive disease 25 000 first printing 20 000 ad promo *"I Come Away Stronger"* Robert Wuthnow, 1994 These portraits are powerful and highly personal because they tell the stories both collective and personal of each group revealing agreement and dissension closeness and alienation growth and stagnation The result is an intimate inside look at the dynamics of small groups

Secrets to Tell, Secrets to Keep Terry Hunt, ED. D., Karen Paine-Gernee, Larry Rothstein, 2009-09-26 The pioneering therapists who wrote *Emotional Healing* present that book's long awaited sequel A challenge to today's popular tell all psychotherapy programs this important guide teaches readers how to discern which secrets to tell and which to keep for optimum emotional healing

Subject Guide to Children's Books in Print 1997 Bowker Editorial Staff, R R Bowker Publishing, 1996-09

Causes and Consequences of Alcohol Abuse United States. Congress. Senate. Committee on Governmental Affairs, 1988

**The Law of Sobriety** Sherry Gaba, 2010-09 Outlines seven action steps to help recovering addicts shift their focus from addiction to behaviors that align with sobriety offering a new style of addiction recovery to create and maintain a clean and sober life filled with joy and purpose

*Causes and Consequences of Alcohol Abuse: Overview of federal activities on alcohol abuse and alcoholism; alcoholism, biological and*

*environmental determinants* United States. Congress. Senate. Committee on Governmental Affairs,1988      **Current**

**Bibliographies in Medicine** ,1988      **The Evolution of Intimacy : A Personal Story** Karren Kae Kearney,2019-05-27

Life is one small unexpected journey at a time moving us towards a destiny we could never imagine The Evolution of Intimacy A Personal Story is one such journey The book is an account of taking a leap of faith with a chance online meeting on a dating site in October and moving in together in December having only met once The book details the results of following one s intuition and heart and moving over three hundred miles to create a new life It s a story showing how against all odds faith and trust changed the fate of two unsuspecting people It touches on difficult issues of love marriages divorces death adult children his and hers ex spouses couples counseling health finances and everything in between The book offers hope insights and inspiration for anyone struggling with or in a dysfunctional relationship or was raised in an alcoholic environment or is an alcoholic an addict a compulsive over eater or food addict a sex and love addict co dependent or in a relationship with anyone with an addictions or mental illness I hope you find the story as inspirational as I did living it      **Military**

**Chaplains' Review** ,1989      Treating Adult Children of Alcoholics Stephanie Brown,1988-04-08 This book deals with the psychopathology and treatment of children of alcoholics especially those in adult years It discusses family dynamics effects on the child s development and the effects on professionals dealing with these cases

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