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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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\* The results were partly obtained within the project No. J5-2570, financed by the Public Agency for Research of the Republic of Slovenia, from the state budget.

# Family Secret Adult Children Of Alcoholics Tell Their Stories

**Christopher N. Poulos**



## **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 nonexistent 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 some 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      **After the Tears** Jane Middelton-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 Middelton 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      *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 **"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 Adult Children Secrets of Dysfunctional Families John Friel, Linda D. Friel, 2010-01-01 It is estimated that as many as 34 million people grew up in alcoholic homes But what about the rest of us What about families that had no alcoholism but did have perfectionism workaholism compulsive overeating intimacy problems depression problems in expressing feelings plus all the other personality traits that can produce a family system much like an alcoholic one Countless millions of us struggle with these kinds of dysfunctions every day and until very recently we struggled alone Pulling together both theory and clinical practice John and Linda Friel provide a readable explanation of what happened to us

and how we can rectify it      *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      **Military Chaplains' Review** ,1989

Accidental Ethnography Christopher N. Poulos,2018-08-15 Each family has its secrets ones that shape family communication and relationships in a way generally unknown to the outsider and often the family itself Autoethnographers students of these relationships confront many silences in their attempts to understand these social worlds Now issued as a Routledge Education Classic Edition Accidental Ethnography delves into this shadowy world of pain and loss in the hopes of finding productive ethical avenues for transforming the secret lives of families into powerful narratives of hope It merges autoethnographic method with the therapeutic power of storytelling to heal family wounds A new preface text by the author reflects on the changes in the field of qualitative research and on his own research journey since the publication of the original edition      Into the Soul of the World Brad Wetzler,2023-03-21 This powerful memoir shares an adventure journalist s story of a decade long round the world quest to overcome his drug addiction and to understand and heal from past traumas Suffering from PTSD and severe depression from past trauma battling an addiction to overprescribed psychiatric medication and at the rock bottom of his career journalist Brad Wetzler had nowhere to go So he set out on a journey to wander and hopefully find himself and the world again Into the Soul of the World is Wetzler s thrilling impactful and heartrending memoir of healing physically emotionally and spiritually An adventure journalist at heart Wetzler mixes travelogue with empowering insights about his inner journey to better care for his own mental health Journey with him as he travels across Israel and the West Bank before moving on to India a candle lit cave on a mountaintop in the Himalayan foothills and a life changing encounter with a 100 year old yogi Wetzler s writing is full of the poignant amusing and occasionally heart breaking situations that unfold when we finally decide to confront depression or any mental health struggle and declare ourselves ready to heal How do we heal our past and thrive again What does it mean to live a good life How can we transform our suffering and serve others His answer live to tell the story and find the humility and courage to be the best human you can be      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

## Embracing the Tune of Term: An Emotional Symphony within **Family Secret Adult Children Of Alcoholics Tell Their Stories**

In some sort of taken by screens and the ceaseless chatter of quick communication, the melodic elegance and emotional symphony produced by the prepared word usually diminish in to the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, set within the pages of **Family Secret Adult Children Of Alcoholics Tell Their Stories** a wonderful literary value overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this charming masterpiece conducts visitors on a psychological journey, skillfully unraveling the concealed tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of this touching review, we will investigate the book is key harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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