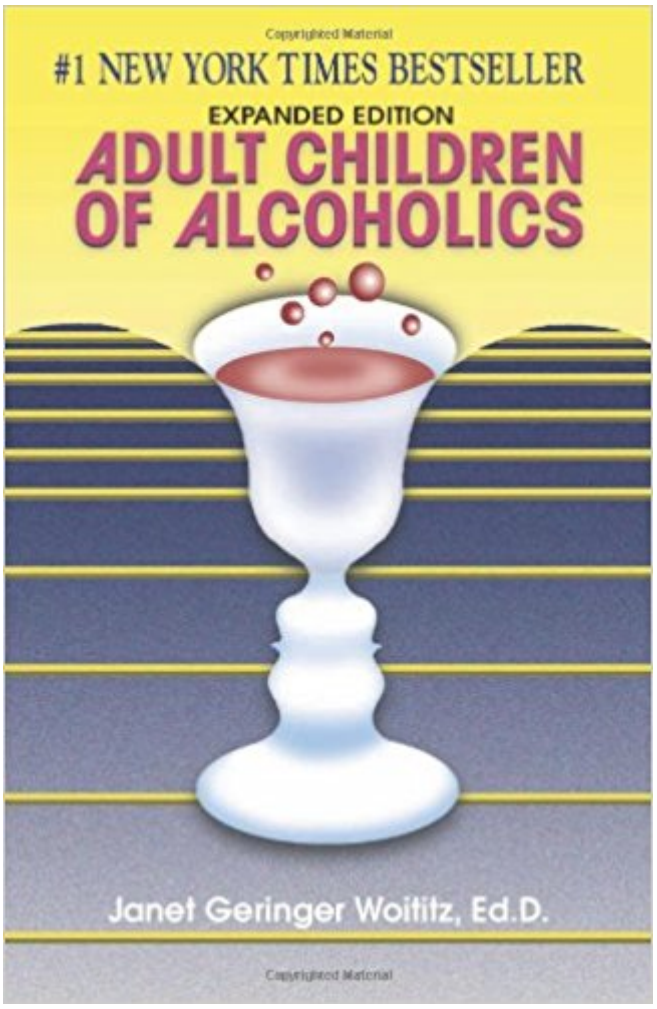
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Adult Children Of Alcoholics



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Synopsis

In the 1980’s, Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic. In this updated edition of her bestseller she re-examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics. AfterÃ Â decades ofÃ Â working with ACoAs she shares the recovery hints that she has found to work. Read Adult Children of Alcoholics to see where the journey began and for ideas on where to go from here.

Book Information

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Customer Reviews

View larger Alcoholism The disease that keeps on giving If you grew up in a home with alcoholism, as an adult you may never take a drink or abuse a substance but you suffer from the disease of alcoholism. In Adult Children of Alcoholics Dr. Woititz shares her observations of the impact alcoholism has on children gleaned from professional research and personal experience as the wife of an alcoholic and mother of three. Her work resonated with millions, and decades later, still does; not only COAs, but anyone who grew up in dysfunctional families where compulsive behaviors, chronic illness or profound religious attitudes existed. The child of an alcoholic has no age The same things hold true whether you're five or fifty; low self-esteem, a sense of isolation, depression, feelings of being unloved, unlovable and inadequate the list is long, but it can end. Breaking the Cycle This groundbreaking book identifies 13 characteristics of ACOAs, shared with others from dysfunctional family systems. From her belief that knowledge is power, Dr. Woititz gave millions of adults a second chance at a fulfilling life and the ability to break the cycle of

addiction and dysfunction for their own children. ACOAs guess at what normal is. ACOAs have difficulty finishing projects. ACOAs lie when it's just as easy to tell the truth. ACOAs judge themselves without mercy. ACOAs have difficulty having fun. ACOAs take themselves very seriously. ACOAs have intimacy issues. ACOAs over-react to changes, need to be in control. ACOAs constantly seek approval and affirmation. ACOAs feel they are different from other people. ACOAs are super responsible or super irresponsible. ACOAs are extremely loyal, even when the loyalty is undeserved. ACOAs are impulsive.

Janet Woititz was the author of Adult Children of Alcoholics, which was on the New York Times bestseller list for over a year. She wrote several other books, including Lifeskills for Adult Children; The Self-Sabotage Syndrome; The Struggle for Intimacy; Marriage on the Rocks; Healing Your Sexual Self and many others. Woititz was the director and founder of the Institute for Counseling and Training in West Caldwell, New Jersey.

from Chapter 5Recovery Hints It is important to be clear what recovery means for adult children. Alcoholism is a disease. People recovering from alcoholism are recovering from a disease. The medical model is accepted by all responsible folks working in alcoholism treatment. Being the child of an alcoholic is not a disease. It is a fact of your history. Because of the nature of this illness and the family response to it, certain things occur that influence your self-feelings, attitudes and behaviors in ways that cause you pain and concern. The object of AcoA recovery is to overcome those aspects of your history that cause you difficulty today and to learn a better way. To the degree that none of us have ideal childhoods and to the degree that even an ideal childhood may be a cause for some concern, we are all recovering to some extent or other, in some way or other. Because there are so many alcoholic families and because we have been fortunate in being able to study them, it is possible to describe in general terms what happens to children who grow up in that environment. To the degree that other families have similar dynamics, individuals who have grown up in other ÃƒÂ´dysfunctionalÃƒÂ¶ systems identify with and recover in very much the same way. Recovery Hints for Adult Children All folks in AcoA recovery need to learn the Al-Anon principle of detachment regardless of whether or not they are recovering from addiction or are living with an addict. Until you do this, you can go no further. Detachment is the key. Because of the inconsistent nature of the nurture a child receives in an alcohol family system and the childÃƒâ s hunger for nurture, many of you are still joined to your parents at the emotional hip. Even if you are no longer with them, you continue to seep their approval and are strongly influenced by their attitudes and

behaviors. You will need to learn to separate yourself from them in a way that will not add to your stress. This is one of the primary goals of the Al-Anon program. ÃƒÂ What you learn about yourself as you are growing up because a part of who you are and how you feel about yourself. No one can change that but you. Your parents, even if they recover and treat you differently, cannot fix what makes you feel bad about yourself. You may start a new and healthy relationship with them in the present but no amount of amends on their part will fix the past. That is why dwelling on their part in your ongoing pain will not get you through it or past it. Your present difficulties are your problem. To put the focus outside yourself is to delay your recovery. Emotions that have been held down for years and years will come to surface. That is why it is suggested that if you are recovering from an addiction, you need to focus on that first so that you will not be tempted to relieve those feelings in destructive ways. You will go through a number of powerful emotions in your recovery. It is part of the process. Not everyone goes through the stages of the process in the same sequence, and many of you may block some of those feelings. There is no ÃƒÂ´rightÃƒÂ¶ way. I just tell you about the process because those feelings may surface without your conscious direction and frighten you. And they will resurface many times with each new discovery. The recovery process is different for different folks. Only you can determine the way that will work best for you. Your immediate response to reading this book may be: Relief. The realizations that you are not alone and that you are not crazy will be freeing. It may be a life-changing event. Pain. The awareness of the amount of your suffering and your powerlessness may overwhelm you along with the knowledge that you have been living a lie. It will be similar to the extraordinary pain you experienced as a child before you learned how to numb out. Anger. It is not unusual for all the anger that youÃƒâ ve been sitting on for all these years to surface and you may become fearful of your own rage. Grief. The losses that you have experienced have to be grieved for, and you may feel this level of pain as well. You may believe that if you begin to cry you will never stop. Joy. Going through the process eventually will allow you to experience a freedom that you have never felt before. When you are an adult you can be the child you were unable to be when you were a child. Ã Â¬1983, 1990 by Janet Woititz. All rights reserved. Reprinted from Adult Children of Alcoholics by Janet Geringer Woititz, Ed.D. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without the written permission of the publisher. Publisher: Health Communications, Inc., 3201 SW 15th Street, Deerfield Beach, FL 33442.

LIKE: The book is built on observation, very few conjectures or unrealistic statements.RECOMMEND: I don’t like alcohol, my dad is AA, but I have never understood the

drinking obsssion. So I grew thinking I was out of the scope of AA specially because dad stopped drinking when I was 9. But now I realized at 32 years old that I am very compulsive and cannot have a balanced approach towards work, food, shopping: it has to be always at the extreme, else is not worth the experience. So I arrived to this book and I see I comply to seven of the 13 characteristics of adult children of alcoholics. THEN I recommend this book anyone who has lived with an alcoholic person.WHY 5 STARS: Based upon its utility for a person in similar circumstances.

Insightful reading for children that grew up in homes with alcoholics and the ensuring dysfunctional family life.I bought this copy for someone still suffering from the effects; I was hoping they would see themselves andgrow in self-understanding. It helped me when I read this book more than 10 years ago. I continuously said"Yes, that’s me, that’s me."

Really enjoyed this book. This book helped me understand why I am the way I am. Most of the stories shared in this book describes the environment I used to live in when I was a child and helped me get through it all. It’s a must read for anyone who had parents who were alcoholics. You will find out that you are not the only one who have experienced something like this.

Cannot praise this book enough. Helpful for people who had difficulty growing up with a substance abuser or somehow missed out in the life skills department.

I will simply say that if you are an adult from an alcoholic or a dysfunctional family, READ THIS BOOK. It’s short, sweet, and to the point. Lots of books meander around wasting your time with fluff. This one doesn’t. Every sentence of this short dynamo is filled with practical meaning. If you are noticing a lot of caretaking, obsessive behavior, dysfunction in relationships, etc., you may be stuck in destructive behavior patterns and dynamics rooted in an alcoholic or dysfunctional family of origin. This book quickly rips to the point. I’m a recovering alcoholic and an addictions counselor. I recommend this book to my clients who invariably love it.

Why believe me? Because if the critics are right and I’m wrong, you’ve only tried one more thing and it only cost you ten bucks. This and theÃ Â LifeskillsÃ Â book are therapeutic dynamite!There are sections on what happened while you grew up and what is happening now, but section 3, "Breaking the Cycle," raises this book head and shoulders above all the knock-offs that followed it. (Note: The edition with the pink cover is an old edition that has no section 3. Be sure to get the "Expanded

Edition" with the yellow/gray cover.)Therapists have a financial interest in keeping you coming back. If you recover and become functional, they lose you as a revenue stream. Moreover, a doctor told me that the medical students she knew who went into psychiatry did so "to straighten their own problems out." Most of them know nothing of the ACA syndrome, let alone how to fix someone who has it.If you believe that a "higher power" and the twelve steps & disease model can save you, visit the ACA "world service organization" and observe pathetically sick ACAs with classic symptoms and behaviors. As the author points out, being an ACA is not a disease; it is a fact of one's history.Not one of the three one-star reviews has a speck of evidence that those liars even read the book. A couple others said that the book is too short or too simple; for them I would recommendÃ Â War and PeaceÃ Â orÃ Â Advanced Differential Equations. :-) Check it out and decide for yourself!I suggest highlighting the parts that resonate strongly with you because that makes for a quick review if you keep your copy. If no part of this book hits you like a freight train, then you are not an ACA.

This book is the start of my recovery. So much of what is in here I already knew, but I didn't know I knew. I learned that what is inside me is real and I'm not insane; I'm just an ACOA. Great read. Highly recommend it. I will be reading all of Janet's books.

In the midst of reading this book now. Has a good bit of the information from other AA or ACOA books I have read.

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