

THE ACTIVE OR NEWLY RECOVERING CO-ALCOHOLIC
SPEAKS TO HER FAMILY

I am a co-alcoholic. I need your help.

I have a need to be needed. I satisfy that need by "helping" and rescuing alcoholics and other people. My condition is life threatening through stress related diseases and suicide.

I have lived my life with a distorted set of attitudes about myself for as long as I can remember. These distortions make it possible for me to remain dependent on the alcoholic.

I am obsessed with the alcoholic. I feel crazy so much of the time because all I do is think about him.

I do not know how to be honest. I am a people pleaser and will figure out what I think someone wants me to say, rather than speak my mind and risk rejection. I would say anything, if I thought it would make the drinker stop drinking.

I am angry and may not know it. Or, I may be angry so much of the time that I alienate my family, the people I care about most. Many times I displace onto the children the anger I feel toward the alcoholic, thus confusing their lives too.

I am not responsible for my life. I make promises to myself and others and then cannot carry them out. I am too proud and "strong" to accept help and so my personal misery continues.

I am addicted to adrenalin; I need excitement. Negative excitement is better than no excitement at all. I may unconsciously provoke a fight because that is what feels familiar to me. I have difficulty accepting serenity and may be confused by it.

I do not know who I am and I am afraid to find out. I have lived other people's lives for so long that I have little idea of what living my own would be like.

I deny and minimize what is happening in my own life. I pretend that nothing is wrong. There is no drinking problem in my family.

I blame others because I do not know how to live my own life. I feel crazy and know it's all someone else's fault, not mine.

I feel confused and have difficulty making decisions, even over minor matters. I may change my mind many times, ending my day as frightened and confused as when I began it.

I am afraid of making mistakes.