

KNOWING IS ½ THE BATTLE

- **THERE ARE** many men and women struggle with feelings of inadequacy, anger, fear, lack of self-esteem, don't know how to play or have fun, etc. These cause many problems in their lives, especially in their marriages.
- **MANY DO NOT** know that these issues, attitudes and attributes were acquired as a result of being raised in a home where one or both of the parents were alcoholics.
- **THEY HAVE** deep feelings as described below in the 28 characteristics but cannot understand why they feel the way they do. Many think something must be wrong with them, that they must not be normal. This is not true.
- **IF YOU WERE** raised in an alcoholic environment, as you read the list you will see which ones apply to you and which ones do not. Most will. Don't be in denial. Only the truth will make you free. Read it with your spouse and let them help determine if they see any of the characteristics in you that you can't see.
- **IGNORANCE** is not bliss. Knowing about the ACOA issues can have a very freeing affect on the person raised in an alcoholic environment.
- **ONCE** they understand the source of their feelings and learn that they are not alone, that millions have the same issues the first thing that happens is that a big weight is lifted off their shoulders. They are not alone with their issues.
- **THE SECOND** thing that happens is that they immediately start feeling better about themselves knowing that there is nothing wrong with them. Self-esteem rises and new, healthy, self-paradigms begin to make themselves known because of the new truths learned.
- **THE THIRD** thing that happens is that they understand that they can change any of the characteristics they wish. Some may take longer than others but, over time, they can be overcome all the while a new, freer person is emerging.
- **THE FOURTH** thing that happens is that the spouse gains an understanding of why their beloved wife or husband is the way he or she is. Their patience level tends to increase and a willingness to help the mate grow and learn how to get over the things they learned in their alcoholic home.
- **THE FIFTH** thing that can happen is that the characteristics can be kept from being passed on from generation to generation. The children of an ACOA tend to pass on their issues and characteristics unless they are made aware of them and decide to stop them from controlling their lives and interfering with their relationships.
- **THE SIXTH** benefit is the ACOA can move forward with their lives at quantum speed. They begin to love themselves, have patience with themselves and to interact with their spouse and others in a way that is healthy. They learn to enjoy life at a much higher level.

ADULT CHILDREN OF ALCHOLICS (ACOA)

THE PROBLEM:

THERE ARE SEVERAL CHARACTERISTICS ACOAS HAVE IN COMMON AS A RESULT OF HAVING BEEN BOUGHT UP IN AN ALCOHOLIC HOUSEHOLD.

- 1 They became isolated and afraid of people and authority figures.
- 2 They became approval seekers and lost their identity in the process.
- 3 They can't stand any personal criticisms.
- 4 They are frightened by angry people. Often they were physically abused.
- 5 They either, become alcoholics, marry them, or both or find another compulsive personality, such as a workaholic, to fulfil their abandonment needs.
- 6 They live from the viewpoint of victims and are attracted to that weakness in their love, friendship and career relationships.
- 7 They have an overdeveloped sense of responsibility and it is easier for them to be concerned with others rather than themselves. This enables them not to look too closely at their faults or their responsibility to themselves.
- 8 They get guilt feelings when they stand up for themselves instead of giving into others.
- 9 They become addicted to excitement.
- 10 They confuse love and pity and tend to "love" people they can "pity" and "rescue".
- 11 They have "stuffed" their feelings from their traumatic childhoods and have lost the ability to feel or express their feelings because it hurts so much. This includes their good feelings such as joy and happiness. Being out of touch with their feelings is one of their basic denials.
- 12 They judge themselves harshly and have a very low sense of self-esteem.
- 13 They are dependent personalities who are terrified of abandonment and will do anything to hold onto a relationship in order NOT to experience the painful abandonment feelings which they received from living with sick people who were never there emotionally for them.
- 14 Alcoholism is a family disease and they became para-alcoholics and take on the characteristics of the disease even though they did not pick up the drink.
- 15 Para- alcoholics are reactors rather than actors.



- 16 Adult Children of Alcoholics guess at what normal is. They just don't know.
- 17 Adult Children of Alcoholics have difficulty in following a project through from beginning to end.
- 18 Adult Children of Alcoholics have difficulty playing and having fun.
- 19 Adult Children of Alcoholics take themselves seriously.
- 20 Adult Children of Alcoholics have difficulty with intimate relationships. Often this is due to sexual abuse.
- 21 Adult Children of Alcoholics over react to changes over which they have no control.
- 22 Adult Children of Alcoholics constantly seek approval and affirmation.
- 23 Adult Children of Alcoholics usually feel different from other people.
- 24 Adult Children of Alcoholics are super responsible or super irresponsible.
- 25 Adult Children of Alcoholics are extremely loyal even in the face of evidence that the oyalty is undeserved.
- 26 Adult Children of Alcoholics tend to lock themselves into a course of action without giving serious consideration to alternative behaviors or possible consequences. This impulsivity leads to confusion, self-loathing and loss of control of their environment. As a result, more energy is spent cleaning up the mess than would have been spent had the alternatives and consequences been examined in the first place.
- 27 Adult Children of Alcoholics do not appear to have any more or less problems with their sexuality then the general population but some of the other issues affect this area.
- 28 Adult Children of Alcoholics tend to look for immediate, as opposed to deferred, gratification.

THE SOLUTION:

BY ATTENDING ACOA AND AL-ANON MEETINGS AND SUPPORT GROUPS THEY LEARN THAT THEY CAN LIVE THEIR LIVES IN A MORE MEANINGFUL MANNER. THEY LEARN TO CHANGE THEIR ATTITUDES AND OLD PATTERNS AND HABITS, TO FIND SERENITY AND HAPPINESS.

- 1 Alcoholism is a three-fold disease: Mental, Physical and Spiritual. Some parents were victims of this disease, which ends in insanity and/or death. Learning about, and understanding the disease is the beginning of the gift of forgiveness.
- 2 They learn the three "C" 's: They didn't **CAUSE** it; They can't **CONTROL** it; and They cannot **CURE** it.

- 3 They learn to put the focus on themselves and to be good to themselves.
- 4 They learn to detach with love and give themselves, and others, "tough love".
- 5 They use the Al-Anon Slogans: "LET GO LET GOD", "EASY DOES IT", "ONE DAY AT A TIME", "KEEP IT SIMPLE", "LIVE AND LET LIVE". Using these slogans will help them to begin to lead their day-to-day lives in a new way.
- 6 They learn to feel their feelings, to accept them and express them and to build their self-esteem.
- 7 They learn to accept the disease, realize that their lives have become unmanageable and they are powerless over the disease and the alcoholic. As they become willing to admit their defective and sick thinking, they are then able to change their attitudes and to turn their reactions into actions. They then can make the necessary changes to insure a happier more fulfilled life.
- 8 They come to know that there is a solution other than themselves, a higher power, God. By applying the power of Prayer to their daily lives they begin to change the defective thinking and sick attitudes they acquired in their childhoods.
- 9 They learn to love themselves.

I HOPE THIS REPORT HELPS YOU AND YOUR FAMILY ACHIEVE A MORE PEACEFUL, ENJOYABLE LIFE.

MAY GOD BLESS YOU AS YOU SEEK KNOWLEDGE AND TRUTHS THAT WILL HELP YOU TO BECOME ALL THAT IS WITHIN YOU TO BECOME WHICH IS A LOT. I DEEM IT AN HONOR TO BE ONE SOURCE OF TRUTH TO HELP YOU IMPROVE AND ENHANCE YOUR LIFE.



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**AND AUTHOR OF
THE DNA OF SUCCESS**