



## The Problem

*Many of us found that we had several characteristics in common as a result of being brought up in an alcoholic household.*

We had come to feel isolated, uneasy with other people and especially authority figures. To protect ourselves, we became people pleasers... even though we lost our own identities in the process. All the same, we would mistake any personal criticism as a threat.

We either became alcoholics ourselves or married them, or both. Failing that, we found another compulsive personality—such as a workaholic, to fulfill our sick need for abandonment.

We lived life from the standpoint of victims. Having an over-developed sense of responsibility, we preferred to be concerned with others rather than ourselves. We somehow got feelings of guilt when we stood up for ourselves rather than giving into others. Thus, we became reactors rather than actors, letting others take the initiative.

We were dependent personalities—terrified of abandonment, willing to do almost anything to hold onto a relationship in order not to be abandoned emotionally. Yet, we kept choosing insecure relationships because they matched our childhood relationship with alcoholic parents.

These symptoms of the family disease of alcoholism made us co-victims, those who take on the characteristics of the disease without necessarily ever taking a drink. We learned to stuff our feelings down as children and kept them buried as adults. As a result of this conditioning, we confused love and pity, tending to love those we could rescue. Even more self-defeating, we became addicted to excitement in all our affairs, preferring constant upset to workable relationships.

This is a description.....

Not an indictment!



## **The Solution**

By attending these meetings on a regular basis, you will come to see parental dysfunction for what it is. A disease that infected you as a child and continues to affect you as an adult. When you accept this disease concept, you will see your parents and yourself as co-victims.

You will learn to keep the focus on yourself in the here and now, and free yourself from the shame and the blame that are hangovers from the past. You will become an adult, no longer imprisoned by childhood reactions. You will take responsibility for your own life and supply your own parenting.

We now look on our biological parents as the instruments of our existence. Our actual parent is a higher power that we choose to call God. God gave us life, and if God gave us dysfunctional parents, God also gave us THE TWELVE STEPS OF RECOVERY.

We use the steps. We use the slogans. We use the telephone. We share our experience, strength and hope with each other. This work enables us to heal our defects and sick thinking - ONE DAY AT A TIME. We release our parents from responsibility for our actions today, and in doing so, become free to make healthy decisions as actors - not reactors.

This is a spiritual program based on action coming from LOVE. We are sure that as the love grows inside you, you'll see beautiful changes in all of your relationships - especially with your parents, your God, and with yourself.