

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, especially authority figures. To protect ourselves, we became people pleasers, even though we lost our own identities in the process.

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 problem of alcoholism made us "co-victims"--those who take on the characteristics of the problem without necessarily ever taking a drink. We learned to keep our feelings down as children and kept them buried as adults. As a result of this conditioning, we confused love with 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.

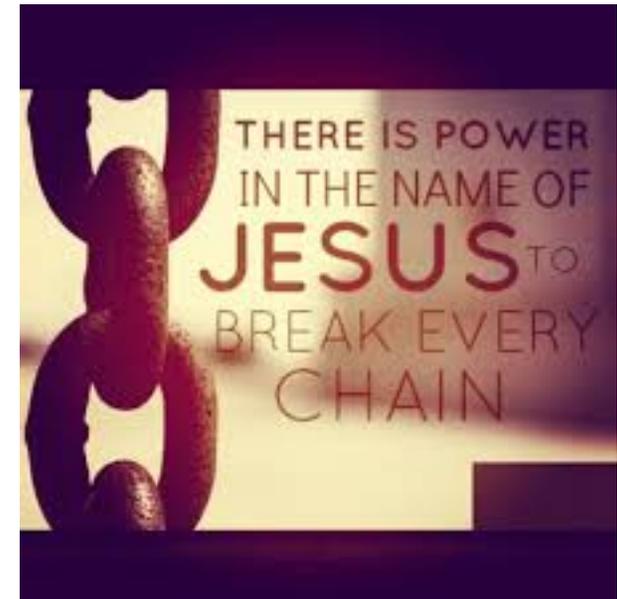
This is a description, not an indictment.

Our Objective

In order to change, adult children of alcoholics cannot use history as an excuse for continuing their behaviors. They have no regrets for what might have been, for their experiences have shaped their talents as well as their defects of character. It is their responsibility to discover these talents, to build their self-esteem and to repair any damage done. They will allow themselves to feel their feelings, to accept them, and learn to express them appropriately. When they have begun those tasks, they will try to let go of their past and get on with the business of their life.

Faith based Recovery
Oak Hill Bible Church
40 Sacarrappa Rd. Oxford, Ma. 01540
www.celebraterecovery.com
Weekly Meetings: Tuesday at 7pm For more information: 774-272-1358 or email gchalifoux1@gmail.com
Exit 4A off 395 in oxford, Ma. go towards Market Basket/Home Depot lights, take left onto Lovett Rd, follow and bare right onto Sacarrappa Rd. church is on left.

ADULT CHILDREN OF ALCOHOLICS



Faith
Based
Recovery

A Christ Centered
12 Step Recovery Program

Adult Children of Alcoholics:

- guess at what normal is
- have difficulty in following a project through from beginning to end
- lie when it would be just as easy to tell the truth
- judge themselves without mercy
- have difficulty having fun
- take themselves very seriously
- have difficulty with intimate relationships
- over-react to changes over which they have no control
- constantly seek approval and affirmation
- feel that they are different from other people
- are either super responsible or super irresponsible
- are extremely loyal even in the face of evidence that the loyalty is undeserved
- look for immediate rather than deferred gratification
- lock themselves into a course of action without giving serious consideration to alternate behaviors or possible consequences
- seek tension and crisis and then complain about the results
- avoid conflict or aggravate it; rarely do they deal with it
- fear rejection and abandonment, yet are rejecting of others
- fear failure, but sabotage their success
- fear criticism and judgment, yet criticize and judge others

The Solution

The Solution is to become your own loving parent.

As Celebrate Recovery becomes a safe place for you, you will find the freedom to express all the hurts and fears you have kept inside and to free yourself from the shame and blame that are carryovers from the past. You will become an adult who is imprisoned no longer by childhood reactions. You will recover the child within you, learning to accept and love yourself.

The healing begins when we risk moving out of isolation. Feelings and buried memories will return. By gradually releasing the burden of unexpressed grief, we slowly move out of the past. We learn to re-parent ourselves with gentleness, humor, love and respect. This process allows us to see our biological parents as the instruments of our existence. Our actual parent is the Higher Power, Jesus Christ. Although we had alcoholic parents, our Higher Power gave us the 8 Principles of Recovery. This is the action and work that heals us: we use the Steps, we use the meetings and we use the telephone.

We share our experience, strength and hope with each other. We learn to restructure our sick thinking one day at a time. When we release our parents from responsibility for our actions today, we become free to make healthful decisions as actors, not reactors. We progress from hurting to healing to helping. We awaken to a sense of wholeness we never knew was possible.

By attending these meetings on a regular basis, you will come to see parental alcoholism for what it is and how it affected you as a child, and continues to affect you as an adult. You will learn to keep the focus on yourself in the here and now. You will take responsibility for your own life and supply your own parenting.

You will not do this alone. Look around you and you will see others who know how you feel. We will love and encourage you no matter what. We ask you to accept us just as we accept you.

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