

CO-DEPENDENTS AND CHILDREN OF ALCOHOLICS: *The Other Victim*

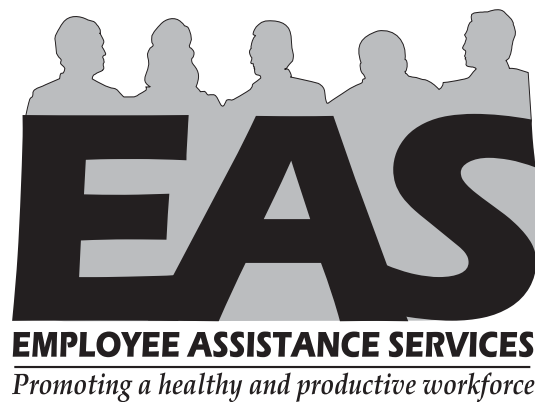
When you live with an alcoholic, maintaining the appearance of a healthy family is a losing battle; alcoholism is a disease that affects all members of the family. Spouses and children learn to adapt by developing unhealthy roles that suppress feelings of anger, shame and sadness.

START THE HEALING PROCESS

1. **Recognize the situation.** Admit that your loved one is addicted. Realize that your life has been affected by addiction.
2. **Get help.** Co-dependents as well as children of alcoholics need assistance from professionals who understand their thoughts and feelings.
3. **Take care of your needs.** Assume responsibility for making your life happier.
4. **Accept your limitations.** You cannot stop your loved one from using. Give that responsibility back to him or her. Realize that there is no guarantee that he or she will ever seek help. *Learn to live life one day at a time.*

Facing addiction and its effect upon every member of the family is not easy. It means confronting powerful feelings that may have been hidden for years. However, you do have the opportunity to live a healthier, happier life if you seek the assistance you need.

For more information about co-dependency or adult children of alcoholics, contact:



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