

Celebrate Recovery of Allen

Recovery from being the Adult Child of an Alcoholic

Do you feel isolated, uneasy with other people, especially authority figures? Are you a people pleaser, even though, in an effort to protect yourself, you lose your own identity in the process? We have become 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.

The Problem

- Guessing what is normal
- Have difficulty in following a project through to completion
- 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 relationships
- Over-react to changes over which they have no control
- Constantly seek approval and affirmation
- Either super responsible or super irresponsible
- Extremely loyal even when there is 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
- Manage time poorly and do not set priorities in a way that works effectively for them

The Solution

The solution is to become your own loving parent.

- Find the freedom to express all the hurts and fears kept inside and gain freedom from the shame and blame carried over from the past
- Become an adult who is no longer imprisoned by childhood reactions
- Recover the child within you, learning to accept and love yourself

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- Move out of self-imposed isolation
- Rediscover feelings and buried memories
- Gradually release the burden of unexpressed grief; slowly move out of the past
- Learn to re-parent ourselves with gentleness, humor, love and respect
- Learn to see our biological parents as the instruments of our existence
- Trust that your actual parent is the Higher Power, Jesus Christ. Although we had alcoholic parents, our Higher Power gave us the 8 Recovery Principles.
- Receive experience, strength and hope from others
- Restructure unhealthy thinking one day at a time
- Release our parents from the responsibility for our actions today
- Become free to make healthy decisions that allow us to act, not react
- Progress from hurting, to healing, to helping
- Awaken to a sense of wholeness we never knew was possible
- Come to see parental alcoholism for what it is and know how that affected you as a child and continues to affect you as an adult
- Learn to keep the focus on yourself in the here and now
- Take responsibility for your own life and supply your own parenting
- See beautiful changes in all your relationships, especially with God, yourself and your parents

Some have arrived at this crossroad. One road, a soft road, lures you on to further despair, illness, ruin, and in some cases, mental institutions, prison, or suicide. The other road, a more challenging road, leads to self-respect, solvency, healing, and personal fulfillment. We urge you to take the first difficult step onto the more solid road now.

Twelve Steps and their Biblical Comparisons

- 1. We admitted we were powerless over our addictions and compulsive behaviors. That our lives had become unmanageable.** *“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)*
- 2. We came to believe that a power greater than ourselves could restore us to sanity.** *“For it is God who works in you to will and to act according to his good purpose.” (Philippians 2:13)*
- 3. We made a decision to turn our lives and our wills over to the care of God.** *“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.” (Romans 12:1)*
- 4. We made a searching and fearless moral inventory of ourselves.** *“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)*
- 5. We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.** *“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)*
- 6. We were entirely ready to have God remove all these defects of character.** *“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)*

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- 7. We humbly asked Him to remove all our shortcomings.** *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)*
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.** *“Do to others as you would have them do to you.” (Luke 6:31)*
- 9. We made direct amends to such people whenever possible, except when to do so would injure them or others.** *“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” (Matthew 5:23-24)*
- 10. We continued to take personal inventory and when we were wrong promptly admitted it.** *“So, if you think you are standing firm, be careful that you don’t fall!” (1 Corinthians 10:12)*
- 11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.** *“Let the Word of Christ dwell in you richly.” (Colossians 3:16)*
- 12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.** *“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.” (Galatians 6:1)*

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