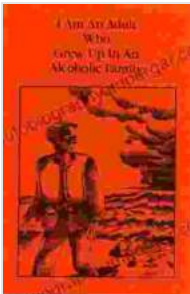


Breaking the Cycle: A Memoir of Growing Up in an Alcoholic Family



I Am an Adult Who Grew Up In an Alcoholic Family

by Thomas W. Perrin

★★★★☆ 4.1 out of 5

Language : English
File size : 267 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 164 pages
Lending : Enabled



I grew up in an alcoholic family. My father was a heavy drinker, and my mother was an enabler. I watched as my father's drinking destroyed our family. He became violent and abusive. He lost his job. We were evicted from our home. I was scared and alone.

As a child, I didn't know how to help my family. I felt powerless. I thought that if I could just be a good kid, my father would stop drinking. But no matter how hard I tried, nothing I did seemed to make a difference.

When I was 16, I finally reached my breaking point. I couldn't take it anymore. I ran away from home and lived on the streets. I was scared and alone, but I was also determined to make a better life for myself.

I went to school and got a job. I started going to therapy and working on my own recovery. It was a long and difficult journey, but I was finally able to break the cycle of addiction that had plagued my family.

Today, I am a happy and successful woman. I have a loving husband and two beautiful children. I am grateful for the life I have today, and I know that I would not be where I am without the help of others.

If you are struggling with addiction, or if you are the child of an alcoholic, know that there is hope. You can break the cycle and create a better life for yourself.

Here are some tips for breaking the cycle of addiction:

- Get help from a therapist or counselor.
- Join a support group.
- Educate yourself about addiction.
- Set boundaries with loved ones who are struggling with addiction.
- Take care of yourself.

Breaking the cycle of addiction is not easy, but it is possible. With the right help and support, you can overcome addiction and create a better life for yourself.

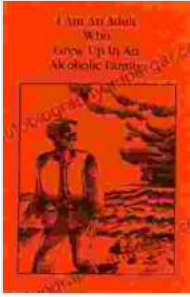
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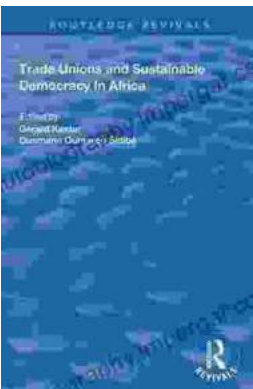


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