



HEALTH & WELLNESS



RECOVERY...THE HERO'S JOURNEY Archives Available

November 9th 2021: ONE FAMILY'S RECOVERY JOURNEY

The Big Book of Alcoholics Anonymous says that "the alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil." We do a better job of treating people with addictions than the family members. The person with the addiction often receives residential or outpatient treatment, individual therapy, referral to community support. But what about the people who love the person with the addiction? What about the children? Claudia Black, wor

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Featured Guest

Guest Image

ROSEMARY

Rosemary was married with 3 children when her husband began to exhibit signs of alcoholism. She describes encounters with the police, hiding in the basement with her young son, and years of verbal abuse. "My kids don't remember him sober." She recounts these lost years with a sense of unreality, familiar to trauma survivors and wonders why she tolerated unacceptable behavior for so long. She describes the events that ultimately motivated her to take her children and leave the family home. Rosemary is honest and vulnerable as she expresses guilt around not leaving earlier. We discuss how alcoholism wounded her children and she shares her wish that she could have protected them from the

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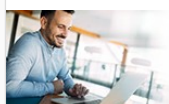
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