

The ACA "Laundry List"

These are some characteristics we seem to have in common due to being brought up in an alcoholic household.

- 1. We became isolated and afraid of people and authority figures.**
- 2. We became approval seekers and lost our identity in the process.**
- 3. We are frightened by angry people and any personal criticism.**
- 4. We either become alcoholics, marry them, or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.**
- 5. We live life from the viewpoint of victims and are attracted by that weakness in our love and friendship relationships.**
- 6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.**
- 7. We get guilt feelings when we stand up for ourselves instead of giving in to others.**
- 8. We become addicted to excitement.**
- 9. We confuse love and pity and tend to "love" people we can "pity" and "rescue".**
- 10. We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (denial).**
- 11. We judge ourselves harshly and have a very low sense of self-esteem.**
- 12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings which we received from living with sick people who were never there emotionally for us.**
- 13. Alcoholism is a family disease and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.**
- 14. Para-alcoholics are reactors rather than actors.**