

# Breaking the Cycle: A Memoir by the Adult Child of a High-Functioning Alcoholic

By [Author's Name]

I was raised by a high-functioning alcoholic. My father was a successful businessman and a pillar of the community. He was also a closet alcoholic. His drinking didn't become apparent to me until I was in my teens, but it had been going on for years.

My father was a binge drinker. He would go for weeks without drinking, and then he would disappear for days on end, drinking heavily. When he was drunk, he was a different person. He was angry, violent, and unpredictable. He would often lash out at me and my mother.



## Saving Mom: A Memoir by the Adult Child of a High-Functioning Alcoholic by Kaplan Grace

★★★★☆ 4 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 206 pages  
Lending : Enabled

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I lived in constant fear of my father's drinking. I never knew when he was going to go on a bender, and I never knew what to expect when he did. I

was always on edge, waiting for the other shoe to drop.

My mother was also an alcoholic. She was a stay-at-home mom, and she drank to cope with the stress of living with my father. She was never as violent as my father, but she was often withdrawn and depressed. She couldn't provide me with the emotional support I needed.

I grew up in a chaotic and unstable home. I never felt safe or secure. I was constantly worried about my parents, and I felt like I had to take care of myself. I became a parentified child, taking on adult responsibilities at a young age.

As I got older, I began to realize that my parents' alcoholism was not my fault. I also realized that I couldn't change them. The only thing I could do was to take care of myself and to break the cycle of addiction in my own life.

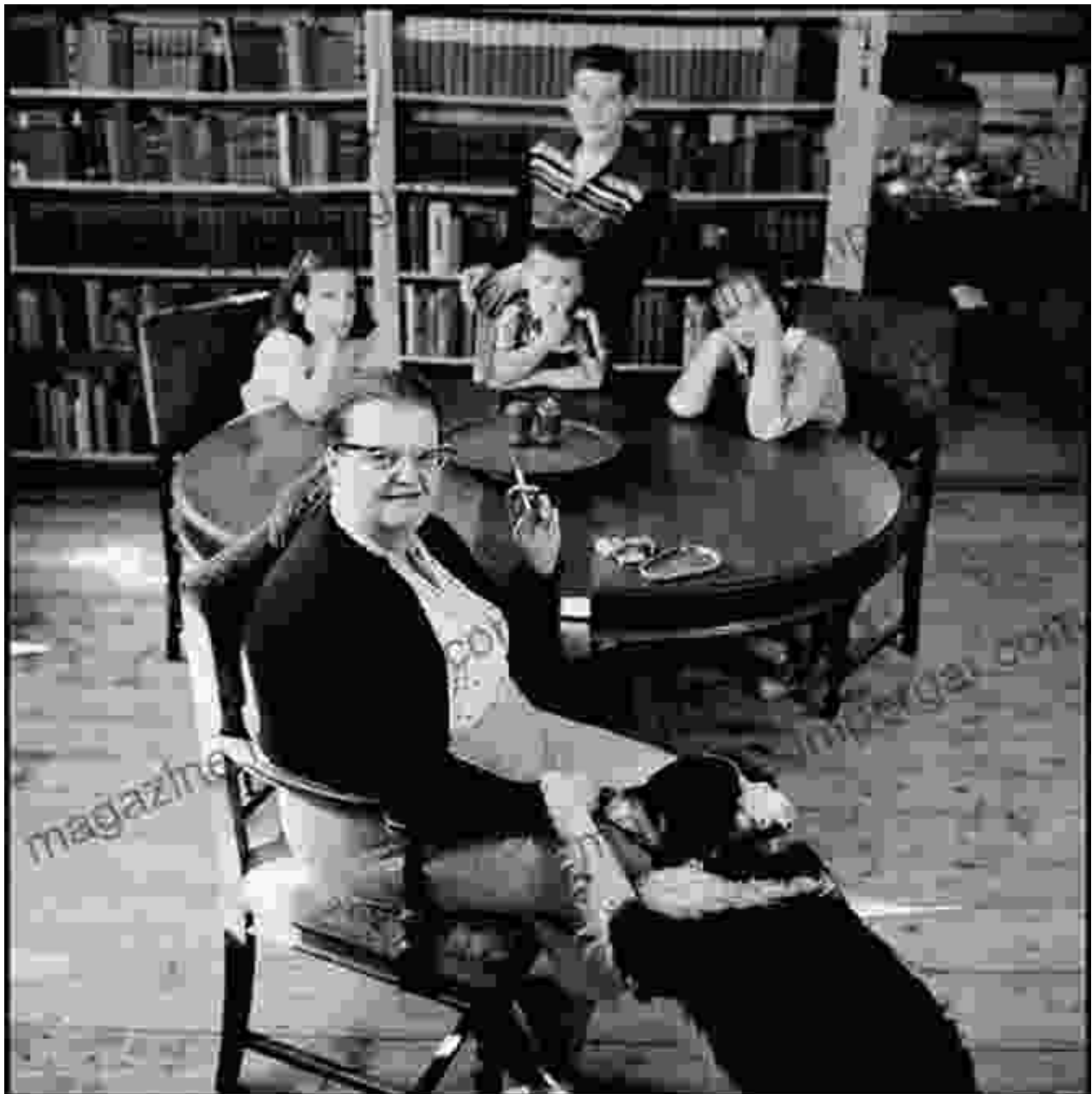
I went to therapy and joined a support group for adult children of alcoholics. I learned about the disease of addiction and how to cope with the effects of growing up in an alcoholic home. I also learned that I was not alone.

Breaking the cycle of addiction was not easy. It took years of hard work and dedication. But it was worth it. I am now a happy and healthy adult. I have a healthy relationship with my parents, and I am no longer afraid of their drinking.

I wrote this memoir to share my story with others who have grown up in alcoholic homes. I want them to know that they are not alone, and that they can break the cycle of addiction in their own lives.

**If you are the adult child of an alcoholic, there is help available. Here are some resources:**

- Al-Anon Family Groups: <https://al-anon.org/>
- Adult Children of Alcoholics World Service Organization: <https://adultchildren.org/>
- The National Association for Children of Alcoholics: <https://nacoa.org/>

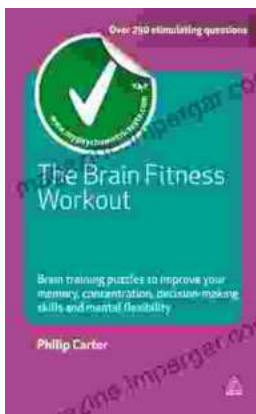




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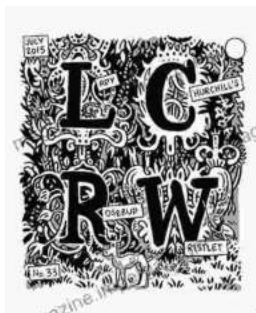
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