

Ask for Help

admin · Tuesday, January 6th, 2009



As the behavior becomes routine, the last thing that occurs to us is to pick up the telephone and get help. We are slowly drawn into the thinking that the alcoholic should be protected. We learn to cover for him, lie for him and hide the truth. We learn to keep secrets, no matter how bad the chaos and insanity all around us has become.

Few realize that by "protecting" the alcoholic with little lies and deceptions to the outside world we are in fact creating a situation that makes it easier for him to continue in his downward spiral. Rather than help the alcoholic we actually enable him to get worse.

The disease will continue to progress for the alcoholic until he is ready to reach out and get help for himself. Waiting for the alcoholic to reach out is not the family's only choice.

Other family members can begin to recover whether the alcoholic is still drinking or not. But it can't happen until somebody picks up the telephone and asks for help. There is hope and help out there.

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