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Children of alcoholics often have to deny their feelings of sadness, fear, and anger in order to survive. Since unresolved feelings will always surface eventually, they often manifest during adulthood. The advantage to recognizing this is that you're an adult now and no longer a helpless child.

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Janet G. Woititz, a pioneer in the field, explains the lifelong journey adult children of alcoholics and other troubled parents must embark on to experience closeness in their relationships. Adult children of dysfunctional families struggle to achieve intimacy in relationships because taking the steps required to do so contradict the survival skills they learned while growing up.

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Aug 30, 2020 adult children of alcoholics Posted By Seiichi MorimuraLibrary TEXT ID 12879937

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