

Bottled Up

Things that helped

Living with an alcoholic

A list of things that members have suggested helped them



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In trying to create a new resource to help people we asked the members of the Bottled Up website to help us to compile a list of "Things that made a difference".

This is their list. We have not tried to edit it, nor did we try and influence them in what they could submit to the list. There may be some repetition but that just means that more than one person felt that particular item was useful.

You will notice as you read them that there are a great number of things that people have said helped. So remember there is no one 'magic bullet' that works for everybody.

We hope that you find the list useful.

Things that helped me and made a difference.

Realising that I was projecting my 'stuff' onto my partner.

Realising the drinking was not directed at me personally

Acceptance of the person as he is.

Never argue with a drinker - just walk away

Occupy yourself with things you like to do - don't dwell on the drinker

Although it can be difficult- try and detach

Good to remember that this is a compulsion and normal requests get a different reaction as a result

Remember that if you are talking with someone who has been drinking, their mind is affected by the "mind altering drug."

Going to Al Anon meetings

Finding the Bottled Up website!

Learning that I'm not alone

Learning to detach/disclose (ongoing!)

Doing things for myself without feeling guilty

My husband finally admitting he has a problem and seeking help

Being able to sit and think with a clear head about the things that I think are acceptable behavior and being able to pass my thoughts to my adult son

Having the police involved when things have been very difficult

Having a friend that lives very close to go to for an evening and sometimes stay

Being able to detach and carry on with my own life

Being able to be quite independent

Knowing when the drinker is lying

Setting boundaries when they are drunk

Not talking to them when they are drunk

Doing activities that make me happy

Venting anger by exercising vigorously

Doing share and love as soon as i started reading the bottled up material

Sharing problems, sadness, and positive steps on the forum

Trying all the time to let go of resentment

Speaking positively to my kids about their Father

Letting go of the control over their drinking

Lastly, something I'm still working on is self-soothing when they do start drinking. Instead of getting anxious and wasting a lot of energy I want to be able to detach and be free to live my life when he is drinking.

Info from John (one of the founders of Bottled Up) talking about how he felt and why he did what he did while bingeing.

Realizing that I am not without faults either. I better not throw the first stone.

Learning to love him for the man I fell in love with, not hating him for the drinking.

Learning to know that I can do nothing to change him but I may be able to influence change by loving him through it.

Realizing that if he doesn't love himself enough to stop harmful behaviour, I can do nothing about that and should not worry myself sick about it.

If you want to read more about how to survive living with an alcoholic then go to <http://bottled-up.memberlodge.com>