

Some suggestions for women in alcoholic relationship

The first and foremost is to care for the drinking spouse, provide him/her with professional help. However it is as important that you don't be a punching bag for the alcoholic spouse. If in spite of all your efforts the spouse continues to drink then the best thing you can do when dealing with an alcoholic spouse is to detach from the abuse of the alcoholic. You can do this if you truly love your spouse and want to help them to possible sobriety. The more you focus all your energies on the alcoholic, the less likely he is to get sober. This article focuses on how you can detach and remain healthy mentally.

Don't Make Alcoholism Your Problem

If you have never read any of the Al-anon material then you probably don't know that you are making the disease of alcoholism YOUR problem. One of the sad facts of living with an alcoholic is we become just as mentally and emotionally sick as the alcoholic. This happens because every step of life we take, and every breath of air we breathe has some involvement with the alcoholic. Our emotions overtake our own mental health as we try and cope with the deterioration of the alcoholic in our life. What are we doing wrong? We are concentrating too much on the disease, instead of concentrating on our mental and emotional health. We may as well be tipping the bottle for them. Better yet, we may as well be drinking with them!

Don't Enable

Most spouses of alcoholics don't realize they are helping their spouse drink just by a few simple behaviours and actions. Several ways in which you may be enabling your spouse to drink is by buying them alcohol, drinking with them, calling the boss and or family members for him because he is too hung over or too drunk to do it himself. Lying to friends, boss, family and co-workers about him and his drinking problem. Taking them to the store, arguing with them, and behaving like a victim. You are not the victim of alcoholism until you make yourself Become the victim.

Get Off The Pity Pot

Get off of the pity pot and begin living for yourself, instead of living for the alcoholic. "Oh poor me, everyday I am suffering and I can't take it anymore" attitude won't get you anywhere. You need to take care of yourself and that cannot be done if you are focusing all of your attention on the alcoholic and what he is doing or what he isn't doing. Start focusing on what you can do for yourself. Get out of the house, don't hang around the alcoholic, and don't let them abuse you with their words. If you care about the alcoholic in your life, this is what helps them more than anything else.

Detach With Love

You are powerless to getting your loved one to stop drinking. The first step in being able to detach is by realizing that the shenanigans of the alcoholic is not your problem. Don't try and fix their messes for them. Not only does this enable them to continue drinking, but also it justifies their drinking. Don't have any interaction with the alcoholic while they are drinking; that includes, talking and arguing with them. Why fuss and fight with someone who has lost the ability to make any sense? Don't become ensnared in the alcoholic trap with them. Stay out of the trap, so you can help them. Ninety-five percent of what an alcoholic says is manipulative and hogwash anyway. Don't start believing in the lies of the disease. Separate yourself from the antics of the alcoholic.

Pray for the Alcoholic

I can't tell you how important the process of daily prayer can be. Not only does it bring you closer to God but it will also get you into the habit of going to God with your life challenges. God does hear your cries of pain and He will give you the answers you need to get through your trials and tribulations, even if your spouse continues to drink. Be patient and remain faithful in the Lord and He will deliver you from your suffering.

1. Don't try to control your alcoholic, no one can. You will feel a lot better when you stop trying.
2. Do not take over his or her responsibilities - the alcoholic might begin to grow up when they have to take full responsibility for their addiction and the problems it causes.
3. Refuse to be a victim - that role is equally destructive as the role of the alcoholic.
4. Think more about yourself - take more responsibility for yourself and the other non-addicted people around you.
5. Refuse to be an "enabler" for continued abuse through comforting the alcoholic, calling their job, to lie etc. Instead you should say "That's your responsibility!"
6. Don't protect your alcoholic from the consequences of his/her drinking. "Pain is the biggest gift" - many alcoholics are not willing to do anything about the alcohol problem before they reach the bottom. If you protect an alcoholic from the pain you delay the recovery