

Effects of alcoholic relationship on Women

Physical

Abuse by a drunkard, i. e. beating up

Women in the alcoholic environment probably need to work extras in cleaning, cooking for the drinking husband/son/father-in-law or their drinking buddies.

May require in late hours to either give rides to others or pick them up from the drinking parties.

Lack of sleep and rest

Getting ready and driving the children to school before going to her own job

Hurting yourself to scare the drinker

Emotional

Living in fear of alcoholic's behaviour

Emotional abuse by the husband and members of his family

Worries about marriage breakdown/divorces

Anxiety when husband doesn't come home after drinking

Insult by others in front of children

Insult in front of the guests

Blaming the in-laws for reasons of drinking

Worrying about how much spouse drinks

Feeling like a failure because you can't control the drinking

Feel angry, confused, or depressed most of the time

Feeling as there is no one who understands your concerns/problems

Financial burden

Women will end up taking the role as head of the household.

May need to hold 2 jobs to look after the expenses such as grocery, mortgage and other payments,

Drink costs money and, unless you're rich, money spent on alcohol will mean less cash for everything else a family needs.

Can't enrol children in sports or other extra curricular activities.

Less cash flow for recreational activities and holidays for the children and the family

Family

Children or others in family might start drinking and taking drugs

No one around for providing guidance to the teen agers

Disfunctional family

Everyone will avoid the drinker even when s/he is sober and wanted to talk

Added responsibility to looking after her own as well husband's parent

Family is riding in a car with a driver who has been drinking

Work & School

More absenteeism

Low performance

May affect quality of work

Problem with getting along with fellow workers and the management

Less chances for advancement

Prone to accidents and injuries on the job

Short term disability

Can't continue education or take skill developmental courses

If someone's not pulling their weight, everyone else has to pull a bit harder to take up the slack. This is a common cause of resentment, low morale and stress in the workplace.

Social

Friends will avoid to invite for get together

Loosing credibility as a result of lying for the drinking spouse

Children have to hear comments about drinking

Relationship constraints with the relatives

Refused social invitations out of fear or anxiety

Hurt or embarrassed by a drinker's behaviour

Holidays & gatherings spoiled because of drinking

Embarrassed for calling the police for help

Spiritual

Hard to adapt to the drinking environment

Can't maintain religious routine

Inability to concentrate while meditating

May loose faith in the Almighty