



Loving an Adult Child of an Alcoholic

By Douglas Bey, Deborah Bey



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The child of an alcoholic develops patterns of behavior during childhood which carry over into adult life. As children they were taught to cover up the family secret and suppress their feelings. No matter what is going on, as adults, when asked how she or he is doing your partner will likely answer "fine." Distrust, fear of abandonment, and sensitivity to criticism are all major issues for your adult child. Recognizing these patterns and changing the ones that cause problems will help you and your partner enjoy a deeper relationship.



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Editorial Review

Review

Most apparent in the reading of this book is that Doug and Deborah Bey believe in the possibility of adult children of alcoholics being able to garner and sustain healthy couple-ship. Addressing the well known issues of lack of trust, hypervigilance, difficulty with conflict, inability to play, assuming the worst, and fear of commitment are just a few of the dynamics in which they offer support and direction for both partners. With a wealth of examples, compassion, and humor this couple offers validation and hope to the possibilities of developing secure and healthy relationships. (Claudia Black, Ph. D., best-selling author of *It Will Never Happen To Me: Growing Up with Addiction as Youngsters, Adolescents, Adults*)

About the Author

Dr. Douglas Bey is a Distinguished Life Fellow of the American Psychiatric Association, served as a board examiner for the American Board of Neurology and Psychiatry for many years, was past president of his county medical society, his hospital medical staff, and his county board of health. Deborah Bey is an adult child of an alcoholic. She trained at Barnes Hospital in St. Louis and was the head nurse on a hospital chemical dependency unit for a number of years. She later worked in a multidisciplinary private psychiatric group practice with Dr. Bey where she counseled ACOAs on an individual and group basis.

Users Review

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Melanie Moore:

Book will be written, printed, or illustrated for everything. You can recognize everything you want by a book. Book has a different type. To be sure that book is important issue to bring us around the world. Adjacent to that you can your reading proficiency was fluently. A book Loving an Adult Child of an Alcoholic will make you to always be smarter. You can feel much more confidence if you can know about almost everything. But some of you think this open or reading a book make you bored. It's not make you fun. Why they may be thought like that? Have you trying to find best book or appropriate book with you?

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Louis Patrick:

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