



Growing Up In Alcoholism, Violence & Dysfunction: Listening To My Inner Child

Michael Williams

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This Book is a 2nd Edition of "Earning My Parents Love" Trying to Grow Up In Alcoholism, Violence & Dysfunction. There is a new back cover, preface, title, sub title & other changes that more effectively communicate the essence of the story. The story is told by the inner child. Rarely is the story of adult children of alcoholics told from the child's point of view and in the voice of our inner child. Yet, it is the inner child who suffers the most enduring consequences. Reading this story is listening to the heart and mind of our inner child. This is the story of an adult child of alcoholism, violence and dysfunction as our inner child needs to tell it. In understanding this story we proceed in empathy, kindness, affection and concern for the child who endures suffering. This story is amazing because it is told from the viewpoint of being in the experience as a child. The full childhood of an adult child of alcoholics is laid open to the reader's examination. We get to hear the inner child in its unique uncensored form. A childhood in dysfunction and especially violence and alcoholism is the experience of the unworthiness of the inner child. Until the child is listened too, and understood all else becomes an inadvertent repeat of the same dysfunctional childhood because once again no one is attending to the inner child's needs to be at least heard. The collective experiences of the inner child resonate within all readers of this book however especially for adult children of alcoholics, violence and dysfunction. Defense mechanisms are formed in childhood as a result of childhood. Those consequences continue throughout an adult-child's life and left untreated tend to worsen. This book makes the reader cry however it also makes the reader laugh. In short, it allows the reader to feel, and feeling was often something denied to most children in dysfunctional, violent or alcoholic situations. The origins of co-dependence are seen in this book because within the story the struggle of the inner child who is unceasingly attempting to earn the approval of parents who are rarely if ever emotionally available is so obvious. The author grew up in a home of alcoholism, violence, and dysfunction; yet, had no idea this experience created its own evolving trauma. Trauma separates the spirit of the inner child in the most profound way from itself. The reading of this story becomes a genesis for the reunification of the mind, heart, and spirit of our inner child.

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Jackie Peters:

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