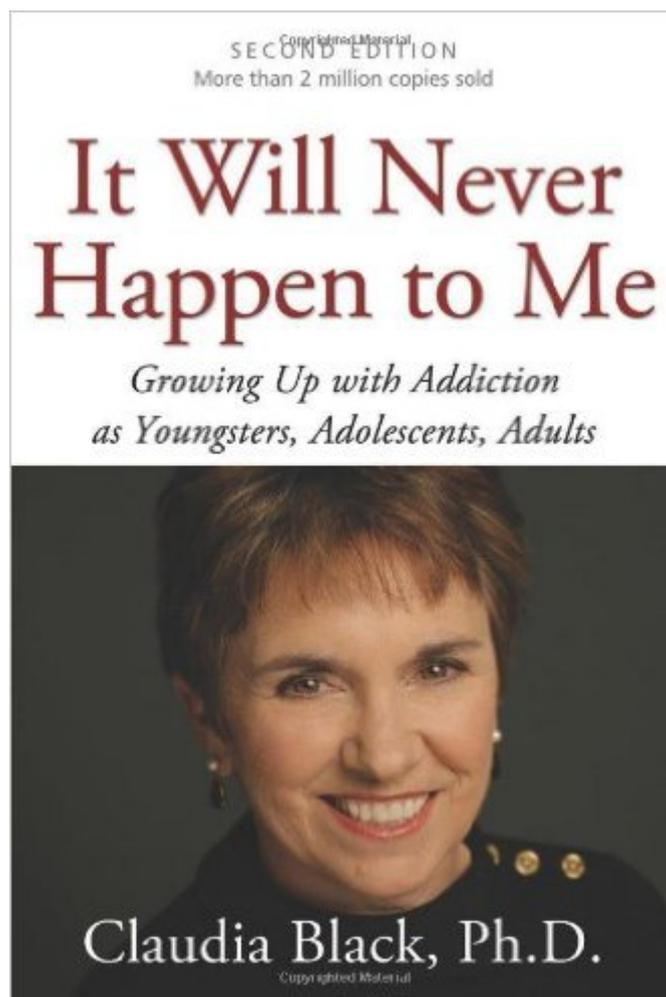


The book was found

It Will Never Happen To Me: Growing Up With Addiction As Youngsters, Adolescents, Adults



Synopsis

First published 20 years ago, *It Will Never Happen to Me* is the definitive book/workbook for adult children of alcoholics. With her reassuring and informative approach, Claudia Black expertly identifies common issues faced by children who grew up in alcoholic families--shame, neglect, unreasonable role expectations, and physical abuse. Using narratives and profiles, she describes survival techniques characteristic of children raised in alcoholic families, including the unspoken laws of don't talk, don't trust, and don't feel. First explaining how such learned responses cause difficulties in adulthood, Black carefully guides readers in identifying self-defeating, destructive behaviors and finding a healthier, happier way to live. Key features and benefits: a proven seller by a respected recovery author, contains easy-to-follow, useful exercises that can be used by individuals or in a therapeutic setting.

Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (109 customer reviews)

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Customer Reviews

Claudia Black has written extensively on the subject of Children of Alcoholics (COA) and Adult Children of Alcoholics (ACOA). In her book 'It Will Never Happen to Me' she has combined her considerable talent for jargon free language with the words and expressions of those who have experienced life as a COA/ACOA. The result is a wonderfully insightful book that will bring clarity to a great many people. A central theme of the book is an exploration of the roles that ACOA adopt as a means of coping with the events around them - the responsible one, the adjuster, the placater and so on. Often in childhood these roles are appropriate in that they enable the child to cope with their

often traumatic experiences. However, in adulthood the over-dependency on these roles can lead to obsessions, neurosis, mental health problems amongst other issues. Furthermore, in a family where alcohol is used in an unhealthy manner the child learns to 'don't talk, don't trust and don't feel'.

Claudia Black gives the reader an insight in to the possibilities that exist for the adult child to break away from the scripts that have been set for them by others. The message is 'it doesn't have to be this way'. I was the responsible child, the hero of my family. I did well at school, was good at sports, succeeded in almost all areas. I went on the University, gained a good degree, a counselling qualification and then a Masters - as an adult I was fulfilling my script to be responsible, to achieve, to be the hero. I was also in a succession of relationships where I took on the role of carer, replicating the role that had developed in my family.

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