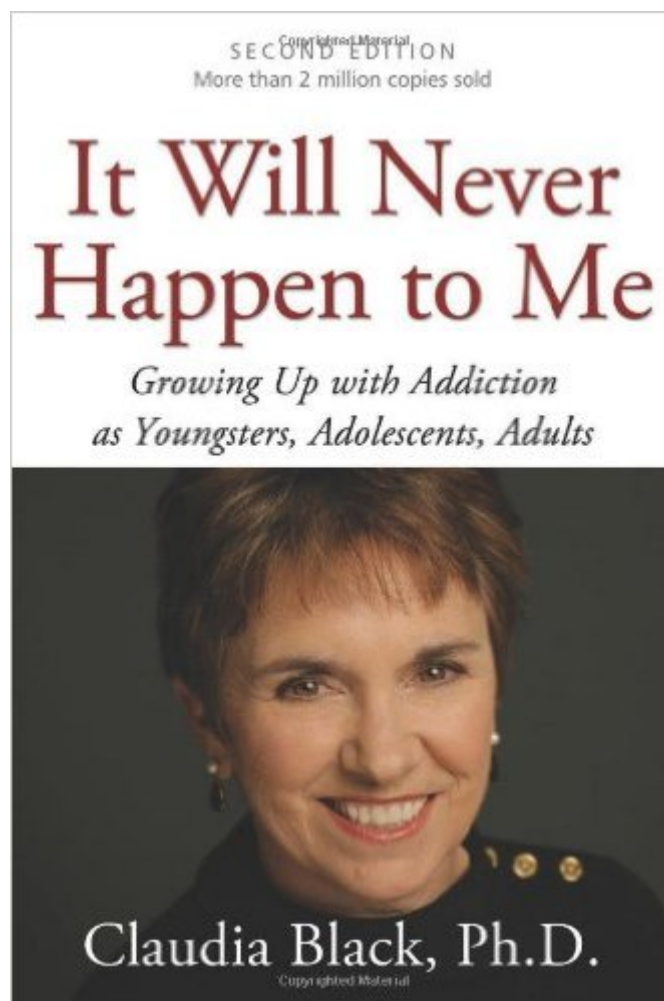


The book was found

# 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; can be used by individuals or in a therapeutic setting.

## Book Information

Paperback: 216 pages

Publisher: Hazelden; Second Edition edition (March 8, 2002)

Language: English

ISBN-10: 1568387989

ISBN-13: 978-1568387987

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

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

Best Sellers Rank: #98,998 in Books (See Top 100 in Books) #38 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics](#) #197 in [Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare](#) #210 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

## 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.

[Download to continue reading...](#)

It Will Never Happen to Me: Growing Up with Addiction As Youngsters, Adolescents, Adults 'It Will Never Happen to Me!' Children of Alcoholics: As Youngsters - Adolescents - Adults Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Group Work with Adolescents, Third Edition: Principles and Practice (Clinical Practice with Children, Adolescents, and Families) Infants, Children, and Adolescents (Berk & Meyers, The Infants, Children, and Adolescents Series, 8th Edition) ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy Brockport Physical Fitness Test Manual-2nd Edition With Web Resource: A Health-Related Assessment for Youngsters With Disabilities Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed,

Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Marijuana: Growing Marijuana, Beginner's Guide for Big Buds - Step by Step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Cannabis: The Beginners Guide on How to Start Growing Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Marijuana Horticulture) Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Understanding Motor Development: Infants, Children, Adolescents, Adults Treating Complex Trauma in Adolescents and Young Adults

[Dmca](#)