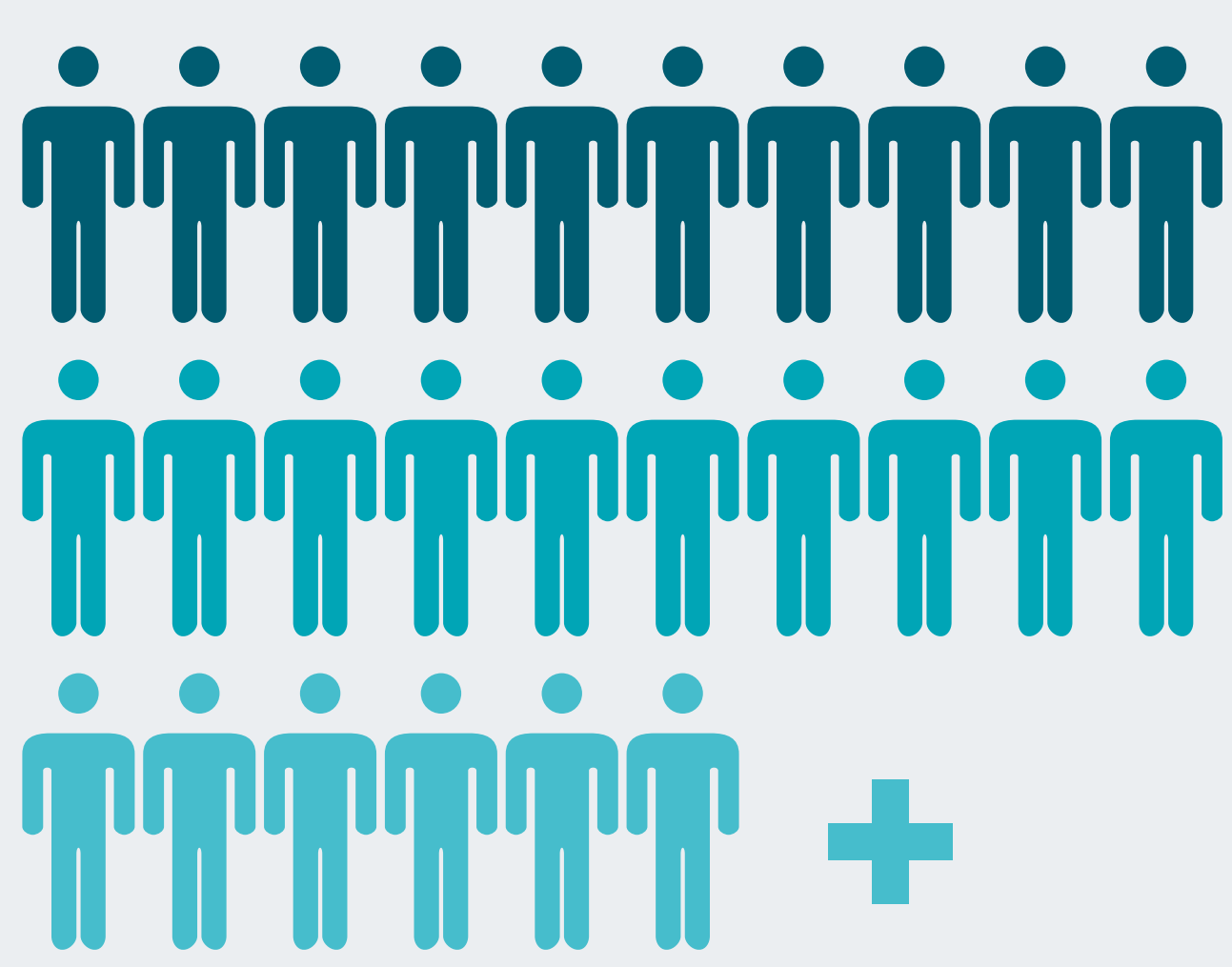


# ADULT CHILDREN OF ALCOHOLICS:

## The Lasting Impact of their Parents' Disease

### ABOUT **ACOAs** (ADULT CHILDREN OF ALCOHOLICS)

ACOAs as a demographic are often overlooked when it comes to physical and mental health. Due to the stress of growing up in an alcoholic family, they often suffer from poor mental health, nagging physical ailments, and they have likely developed a set of faulty coping mechanisms.



# Over 26 million

children grow up trying to make sense of the alcoholic behaviors they see in their family.

# 6

PEOPLE DIE OF ALCOHOL POISONING EVERY DAY.



# 7%

OF THE AMERICAN POPULATION STRUGGLES WITH AN ALCOHOL USE DISORDER.

## COMMON CHARACTERISTICS OF ACOAs



A **FEAR OF ABANDONMENT**



AN **UNWARRENTED SENSE OF RESPONSIBILITY** FOR OTHERS



LOW **SELF-ESTEEM**



NEED FOR **APPROVAL FROM AUTHORITY FIGURES** WHILE ALSO BEING AFRAID OF THEM



**GUILT**



**PERFECTIONISM**



ADDICTIVE **TENDENCIES**

WHETHER OR NOT THEY DRINK OR USE ADDICTIVE SUBSTANCES



THE NEED TO **REMAIN IN DENIAL** OR **BOTTLE UP THEIR EMOTIONS**

If you are the adult child of an alcoholic parent, you're probably all too familiar with the frustration, guilt, and pity that comes along with the role.

If you find that you are still carrying around you parents' problems, you've noticed that you cope with stress by drinking too much alcohol, or if you're dealing with another type of addiction, consider contacting Clean Recovery Centers for a conversation about your situation and to discover how we can help you break free of the addictive cycle.