




Memoir By The Adult Child Of High Functioning Alcoholic: A Courageous Tale of Resilience and Recovery

THE MYTH of the "FUNCTIONAL" ALCOHOLIC




 **Stage #1: Drinking to Get Drunk**
Cheers!


This stage begins with infrequent to somewhat frequent Binge Drinking. You're drinking to get drunk and don't even try to control it but are still managing to hold onto your job, your car & your relationships with friends and family.

 **Stage #2: Drinking as a Coping Mechanism**
"I just really need a drink right now"

You drink to unwind. You drink to deal with stress. You even drink when you have success. Drinking is how you cope and celebrate every event in your life. You still have your job, family and friends - but you're drunk and hungover a lot of the time now.

 **Stage #3: Isolation/ Legal Problems/ Depression**
Do you have consequences yet?

Stage 3 is when legal problems and the emotional struggle begins. This is also the DUI stage because you always think you're okay to drive. You try managing your drinking. This is when you, "only stick to beer." Or "only get drunk on the weekends." You begin to avoid your non-drinking friends and stick with those who "get it."

 **Stage #4: Change in Appearance, High Blood**
How does your body look and feel?

You're not a "functioning alcoholic" because you're not performing well at work, you're not present for your family, your body is deteriorating, and it takes everything in you just to "function."

A "functioning alcoholic," is STILL AN ALCOHOLIC.

Growing up in a household marked by secrecy, chaos, and constant emotional turbulence can be an incredibly challenging experience for any child. However,

when the source of this turmoil is an alcoholic parent, the impact can be even more profound. In "Memoir By The Adult Child Of High Functioning Alcoholic," the author delves deep into their personal journey, shedding light on the struggles faced by children burdened with the weight of an alcoholic parent.

The Hidden World of High Functioning Alcoholism

Alcoholism is a disease that can touch lives in various ways. While most people associate alcoholism with visible signs of addiction and dysfunction, there exists a lesser-known form called "high functioning alcoholism." These individuals maintain a façade of normality, leading successful lives on the surface while secretly grappling with their addiction behind closed doors.



Saving Mom: A Memoir by the Adult Child of a High-Functioning Alcoholic by Kaplan Grace (Kindle Edition)

★★★★☆ 4 out of 5

Language	: English
File size	: 692 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 206 pages
Lending	: Enabled



The memoir uncovers the unique challenges faced by adult children of high functioning alcoholics. It explores the constant battle between love, loyalty, and the desperate desire for a healthier family dynamic. The author offers readers a glimpse into their childhood marked by manipulation, emotional neglect, and constant uncertainty.

A Journey of Self-Discovery and Healing

Through raw and honest storytelling, the author takes readers on a journey of self-discovery and healing. They recount the long-lasting effects of growing up in an environment riddled with addiction, as well as the struggles faced in adulthood as they navigate relationships, trust, and their own identity.

This memoir is a testament to the incredible resilience and strength of the human spirit. It offers hope to those who have walked similar paths, reminding them that they are not alone and that healing and growth are possible.

Redefining Relationships and Breaking Generational Patterns

One of the great challenges that adult children of high functioning alcoholics face is breaking free from the cycle of addiction and dysfunction. The memoir explores the author's journey in redefining their relationship with their alcoholic parent and their own path to recovery. It sheds light on the importance of creating healthy boundaries, seeking therapy, and finding support networks.

By sharing their story, the author aims to empower others who have experienced similar struggles. They emphasize the significance of breaking generational patterns, not only for their own well-being but also for the sake of their future children.

A Call for Empathy and Understanding

"Memoir By The Adult Child Of High Functioning Alcoholic" serves as a powerful tool for raising awareness about the hidden struggles of adult children of high functioning alcoholics. It calls for empathy and understanding, highlighting the need for society to recognize the impact of this form of alcoholism on families.

This memoir challenges societal stigmas surrounding addiction and opens up a dialogue for change. Through their words, the author seeks to encourage empathy, support, and resources to those who have endured the complexities of growing up in the shadow of a high functioning alcoholic.

A Story of Hope and Triumph

Despite the harrowing experiences depicted in the memoir, it ultimately offers readers a story of hope and triumph over adversity. It showcases the author's resilience and their ability to rise above their circumstances, finding the strength to break free from the chains of their childhood.

"Memoir By The Adult Child Of High Functioning Alcoholic" is a call to action for those struggling to find their own path to healing and recovery. It serves as a guidepost, reminding readers that they have the power to reclaim their lives and build a better future.



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In this raw and captivating memoir, a woman whose mother had long been a high-functioning alcoholic shares the often overlooked effects of having an alcoholic parent as an adult, as well as the complicated and emotional journey of getting a parent help.

Kaplan Grace's mother was a great mom. She always held down a job and provided for her family. No one would have known that she was struggling with addiction. But when her mother's closet alcoholism finally spiraled out of control, Kaplan began to understand how deeply addiction impacted her childhood and how difficult it would be to get her mother help.

Saving Mom is an unflinching glimpse through the lens of a daughter who helps her mother get sober. Relaying stories of relapse, recovery, and sobriety, Grace shares her journey and reveals the murkiness of what defines addiction and how admitting to the problem can lead to the greatest and most fragile gift: hope. Learn how breaking through the stigma and assumptions can carry an adult daughter and her mother through the battle in this compassionate memoir about alcoholism, trauma, and most of all, love.



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