

Angie's Marriage Column ~ June 8, 2011

Are You Riding on An Emotional Rollercoaster with Your Alcoholic Spouse?

It's Time to Get Off!

Ask Angie: My husband of 20 years is an alcoholic. I love him. Hate the illness. I feel like I am at the end of my tether and going insane. I've lost faith in him. He is dishonest about his drinking and therefore I distrust him now even when sober. I don't know how to overcome this yet I desperately want to.

Marriage Guidance: You are allowing the addiction to take you down with it. Most spouses of alcoholics, until they learn to detach and realize that *they can* detach, will feel emotionally distraught, as if they are riding on a crazy roller coaster ride with the alcoholic. What you need to do is get off the roller coaster ride at the nearest exit. Stop riding on the roller coaster with the alcoholic!!

Getting off the roller coaster does not mean that you have to leave your marriage or divorce your spouse, it means you learn to detach from the behaviors and emotional abuses of the alcoholic. This means more education and reading about alcoholism and what you can do for yourself as a spouse of an alcoholic. Do you ever feel like you are [married to a Dr. Jekyll and Mr. Hyde?](#) This book will help you learn to detach from Mr. Hyde while loving Dr. Jekyll.

We have put together a [series of videos](#) showing you what you can do when living with an [emotionally abusive alcoholic](#) spouse, how to get off the rollercoaster ride, and help yourself and the alcoholic at the same time. We're adding new videos all the time. We also have tons of [free information about alcohol addiction](#) at your fingertips on our website. Take advantage of the materials and put them to good use in your personal life and marriage.

Only When You Help Yourself Will the Alcoholic Help Himself

Trust? You want to be able to trust the alcoholic? Never! There is no such thing as trusting an alcoholic. Here's why. Alcohol has literally [taken control of the mind, body, and soul](#) of the drinker, making them unable to be trustworthy—this is precisely why it is called addiction! One way spouses get sucked into the addiction with the alcoholic is they take all of the negative behaviors of the alcoholic personal.

Dos and Don'ts (keep in mind this list of dos and don'ts is not exhaustive)

1. Don't think your spouse's addiction is your fault

2. Do understand the alcoholic is sick in body, mind, and spirit, therefore promises they make will get broken
3. Do learn to detach and take care of you
4. Don't have expectations for the alcoholic to quit drinking
5. Don't expect anything from the alcoholic so you will not get disappointed
6. Do understand that only when you take care of YOU can you actually be helpful to the alcoholic you love
7. Do watch all of our videos that deal with alcoholism
8. Do pray for your spouse to come to repentance and seek healing in Jesus Christ
9. Do email us at any time for support and encouragement

The most important thing you can do for yourself is to become [more informed about alcoholism](#) and [learn to detach from the alcoholic](#) when they are drinking. By [reading through our materials](#), books, and ebooks you will learn all there is to know about how to deal with the alcoholic you love. You will be encouraged to take back your life!

In Christ,
Angie and Frank

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