

Angie's Marriage Column – January 23, 2017

Detach from the Alcoholic or Other Addict

Have you tried to detach with love from the alcoholic to no avail? If you are still having a difficult time detaching it could be because you are not allowing yourself to feel good or the alcoholic is doing what they are good at, deception. Alcoholics are really good at manipulating others to believe what they have to say, like blaming you or their surroundings for why they drink. It's ironic how they can do that. This terrible rollercoaster ride can be difficult to get off of.

Being married to an alcoholic and then detaching is never easy; in fact it might be the most difficult thing you will ever do for your marriage and maybe in your life. That's because we have to let go and give it to God. We have to let go of the rope that attaches us to the drowning alcoholic before we drown with them. Let me explain.

Detaching helps two people in different ways. It helps you by allowing yourself to be free of the guilt and blame that is so often put on you by the alcoholic. It helps the alcoholic by allowing them to have to take responsibility. When we "show" that we care too much (and we do) and when we do things that "helps" the alcoholic to continue drinking, we are actually enabling the addiction and saying, "It's ok, you can drink. That's why we have to let go of the rope and let them drown. It's hard to do but that's what needs to be done.

Once you finally decide to let go of the rope and let the alcoholic drown, they can then take responsibility for "the problem" that you have been taking responsibility for all along. Do you get it? It doesn't mean they will get sober but it does mean that they will have a far greater chance at becoming sober when they realize for themselves that they have a drinking problem and you are not the cause of it and you are not going to help them to get sicker and sicker. Alcoholism is a progressive disease.

Detaching with love works like this: “Say to me what you will because I’m not going to let your alcoholic talk bother me anymore. I’m not going to fuss, argue and fight with you anymore. You see, if we didn’t love our spouse we would just continue to enable their drinking by arguing, fussing, and fighting with them back... but because we do love our spouse we will detach with love and let go of the rope. Let’s do it today.

This EBook [How to Detach from an Alcoholic Spouse](#) will help you to let go of the rope. It will help you to heal from emotional abuse; it will help you to take care of you for a change and let God.

Frank and I know what it’s like living with and loving an alcoholic. Frank had to deal with my alcoholic garbage and he detached; it’s good that he let go of the rope because 28 years later, here I am free of the “alcohol trap” that was choking everything inside of me, keeping me from becoming a whole person.

None of this of course is done without prayer and inner spiritual seeking of God for our comfort. **We need God!** He is our healer in *everything*.

You are welcome to email us with your questions or concerns, we’ll be happy to guide you in your journey of detachment.

If you want to know more about *How To Detach from an Alcoholic Spouse*, [go here](#).

If you are ready to buy the book, [go here](#).

If you happen to be the drinker reading this newsletter today and you are ready to accept responsibility then this book written by an alcoholic (that would be me) for an alcoholic is the one you will want to check out.

The guidance in the [Alcoholism Trap](#) book will help you understand that you are not a bad person but the symptom of drinking can be bad. Essentially the alcoholic is being controlled by a substance and it changes the person you can become. Break free and be whole with the help of this book. Stop hurting yourself and those you love through addiction. You’re not bad, the addiction is bad.

We hope and pray that everyone who is searching for answers shall seek and find in God what they are looking for. He does listen to our prayers.

Frank and Angie

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