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Angie's Marriage Column

How to Detach from Alcoholic Spouse

Ask Frank and Angie: I watched your videos about detachment but what do I do when my husband who's on drugs becomes so moody he starts fights to leave to his mom's for days? He does this a few times a month and threatens divorce. It's exhausting. He makes all the money and I'm afraid one day he won't pay the rent. Please help!

Our Encouragement: This is a very typical behavior of alcoholics and drug addicts. I used to do the very same thing in my drinking days. Addicts try to control their life (their surroundings and interactions with others) by using threatening tactics such as you describe, but in actuality they are very scared and lost inside; they aren't really in control of their lives because the addiction is what's controlling them. For the addict the only time they feel the least bit worthwhile about themselves is when they are using, and is why it is called "ADDICTION".

So you see...the best thing you can do is learn to ignore (turn the other cheek) to this type of manipulative behavior and get your life back!

The very first thing you NEED to do is to not let what he (the addict) does affect you! We know that's difficult to do with the one you love but this is biblical, straight from Jesus. Turn the Other cheek = Detachment. We wrote a book to guide spouses of alcoholics and addicts on what to do when living with an addictive spouse. It will help you if you do the exact steps we talk about in this eBook.

Read "[How to Detach from an Alcoholic Spouse](#)" and learn to get your life back. The same principles in this book apply to a drug addict, sex addict, gambling addict, etc. YOU need to take care of you, and until you learn to detach from what your addicted husband/spouse does, you will feel like you are on an emotional roller coaster and out of control. You do not have to feel like this.

We've been there and done that already (I was the alcoholic and my husband the enabler) and is [why we wrote the ebook How to Detach from an Alcoholic Spouse](#), to help others get their life and marriage back. Stop enabling and start taking care of you.

[Click this eBook](#) to learn more about how these principles could save your marriage and the alcoholic you love in your life!

PS...in many cases when the spouse of addicts learn to detach it gets the addict to look at themselves and realize they have an addiction problem and sometimes they get sober. It doesn't always happen but this is the way (when the enabler stops taking responsibility) that the addict can finally start taking responsibility for their addiction problem.

Blessings Frank and Angie

Heaven Ministries – Marriage Healing Ministry

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