

## Angie's Marriage Column – January 16, 2007

### **I'm Married to an Alcoholic, Your Advise Please!**

**Marriage Question:** My husband and I have been married for 10 years. We have a 6 and 3 year old. Last April, my husband said he was working late and until 1:00 am. I got a phone call from him in jail. He had been arrested for DUI. What? I didn't even know he drank. I now find out he has been doing this and hiding it from me. I feel stupid for not seeing it. I am a Christian schoolteacher. I wondered if I should even teach this year. I am so hurt that he hid this from me and lied. After April, he said he would stop or only drink around me. I truly believed him. In August I get another phone call. He had another DUI. I told him I couldn't deal with this. For the kids, I'm still here. What would your advice be? Thank you for this website- it is a God send.

**Guidance:** Your husband has an alcohol addiction problem. He certainly does need Godly correction in his life but you cannot push that on him at this point. The more we try and tell people what they need, the faster they will run from us. Have you ever noticed that?

If he realizes that he has a problem and is NOT in denial then he can pick himself back up and win this battle with alcohol. Your husband needs inner healing to get to the bottom of his emotional problems that are battling within him. Does he like to read? Will he read a book about alcohol addiction? I have written a book about the issues of alcohol addiction and the steps to take to get sober, it also deals with what a wife can do to help the addict to come to terms with his addiction and get help.

I myself am a recovered alcoholic and know a great deal about this devastating addiction. I highly recommend this book to you for both of you to read together to bring a better understanding into the ways of addiction. Your husband can become totally sober and never crave another drink again by understanding the process of sobriety, and then applying that process into his life, which this book discusses in detail.

I see hope for your marriage, if your husband is willing to do what it takes to save himself, marriage, and family. There is a lot at stake for a man who is married with children. Even then, understand, that addiction is so powerful that not even *that* can get the addict to get sober. What can? God. We all need God - and the minute we don't believe that, the minute we lose.

Now this brings me to you and what you are going through living with an alcoholic. It is very important that you separate yourself emotionally from the drinking alcoholic or you will become trapped with him in the addiction even if you never take a drink. Addiction affects whole families - very rarely just one person.

Don't be too hard on yourself about NOT realizing he had an alcohol problem. As with any addiction the addicted person can be very conniving and cunning in the ways they keep the addiction a secret, especially from those people they love the most. Fortunately, your husband probably is not in denial or he would not be trying to hide it from you. So that is good news. The first hurdle to overcoming addiction is coming out of denial and realizing you do have a problem.

Right now it is important for you to learn how to detach from your husband when he is drinking. At times, you and the children may need to physically leave the house and visit a friend if he becomes too difficult to be around. Please go back to the website and read some of the articles on addiction so you may get a better idea of what you should do for your own spiritual and mental well being. I am ending this marriage column with two such articles below. **Don't let the addiction overtake your mind and spiritual resolve – take control before it takes control of you!**

#### **Article Resources:**

Addiction + Denial = Out of Control – This is my personal testimony article <http://ezinearticles.com/?Overcoming-Addiction:-Addiction-+-Denial=-Out-of-Control&id=72425>

#### **Book Resources:**

**The Alcoholism Trap** – Written for both the alcoholic and the loved one of an alcoholic.

<http://www.lulu.com/content/946885>

[How to Detach from an Alcoholic Spouse \(eBook\)](#)

Until next Wednesday, May God bless you for His glory in His kingdom!

Angie and Frank

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