

Angie's Marriage Column – August 27, 2008

How Do I Deal with My Mentally Abusive Alcoholic Husband?

Marriage Question: My husband drinks at home and is mentally abusive when he is drunk and follows me around. It is really hard to ignore it. Tonight I put earplugs in and locked my bedroom door and that helped a little bit but it is really hard to tune him out. My question is, what do I do the next day? I am very angry at all the terrible names he called me and I need him to know this is not ok. He is very loving when he is not drinking. I am at my wit's end. He is not in denial about his drinking. He has tried AA and another treatment program that has not worked. I am so fed up. I am so angry right now that I don't even want to speak to him tomorrow. It seems like in the past when I just forgive him he doesn't suffer any consequences for his behavior. What do I do???

Marriage Guidance: First of all let me say this, I'm proud of you for taking the needed steps for yourself, such as putting on earplugs and finding your own space away from the abusive alcoholic. It's sad that we have to resort to this kind of behavior in our marriage, but we also have to take care of ourselves... and if that means applying boundaries to our personal life, then so be it. The most important thing is to let your husband know what you are going to do and why you are going to do it, *and be sure to let him know only when he is sober.*

Tell him you will put your headphones on and blare the music so you won't have to hear him, and lock yourself in your room because you will not take his abuse any longer. Be sure to let him know this is a personal boundary of yours. Always try and be nice, give him a hug, smile and walk away. LET HIM KNOW YOU STILL LOVE HIM but don't love the addiction, or what the addiction does to him. The main thing here is you are showing that you are not going to make his drinking problem become your problem too. Do you see how that works? In other words, your husband's alcoholism does not have to suck you in with it!

What should you do the next day? Well, if he has not started drinking yet, tell him all the stupid things he did the night before. Record his screaming and yelling if you want, and play it back for him the next day. Let him know all the stupid and mean stuff he did the night before, and then let him know that you still love him, but you don't love what the addiction does to him. Don't be mean, or yell, or accuse, or call him names, just simply tell him in a nice voice what he did the night before, and then go on with your day.

This is important: Don't let his drunken behavior from the night before control your whole day and how your attitude will be. You MUST seek solace and peace from God by going to Psalms and praying. Pray that God bring you the peace and contentment you need in the midst of your troubles. AND HE WILL PROVIDE!!! Don't ever think you are alone, because you aren't.

“I guide you in the way of wisdom and lead you along straight paths,” says the Lord. (Proverbs 4:11)

You are a child of God created by God for his purpose and He loves you. If you believe as much, and if you ask Him to help you in your time of need, He will. God does not want anyone to suffer - He wants us to trust Him. To get through this we must have the faith to believe that God WILL take care of us.

Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised. (Roman 4:20-21)

When your husband is still not drinking for the day continue to keep separating him from the addiction. By saying things like, "I like being around you when your sober, but the minute you start drinking you become different person to me." Or "I loved the other night when you didn't drink and we played games and watched that scary movie together." This will help him to separate himself from the addiction.

Understand, God did not make alcoholics; alcoholics make themselves because they have chosen that path. Your husband can get sober but he is the one who has to set it in **his mind and heart to get sober!!!** Don't ever believe that you can get your husband to stop drinking. No matter how much you plead, beg, cry, give him a guilt trip, threaten, or try and control his drinking, etc, you can't get him sober. ONLY HE CAN GET HIMSELF SOBER.

Your husband's chances of getting sober are greater when you detach from him when he is drinking – leave him with the responsibility of his drinking behavior. Don't have anything to do with the problems associated with his behavior, unless it is putting you or other family members in danger. Never give up hope... keep praying and getting close to God. The closer your relationship is with God the better you will feel. Have faith that your husband will finally get the inner healing he needs to get sober and be the husband that God intends him to be.

For we our God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10)

God Bless,
Angie

Book Resources

THE ALCOHOLISM TRAP ★★★★★

Results within a couple of weeks! May 13, 2008

By Loving Wife and Mom (Cincinnati, Ohio)

"The Alcoholism Trap" has helped me so much in my relationship with my alcoholic husband. I've placed healthy boundaries for me and my two daughters that I had never put in place before. As a devoted Christian, I had always just tried to be the peacemaker

and my daughters and I have suffered as verbal punching bags as a result of that. Now I know that I can love my husband even better and take better care of my family's welfare by putting up healthy boundaries.

This book has enabled me to be more loving to my husband when he's sober because I'm not holding in resentment from allowing him to injure my spirit while he's drinking. And I no longer feel guilty about saying things or acting in a way I regret later because I have taken control of the only part I DO have control over - me.

When I see he's drinking, I just remind him that I love him, but I don't want him around me and the girls when he's drinking. Then, the girls and I go to a separate part of the house, as the book recommends, and enjoy our evenings. No more walking on eggshells! We're laughing again! The first couple of weeks, it was hard because he's also a workaholic, so we were getting virtually no time with him. When he was sober, he was at work even on Saturdays and Sundays. But this past week, he's actually spent two days completely sober in order to spend time with us. This is unheard of! Unbelievable!

He's even admitted to me while sober that he has an alcohol addiction and he's "working on it". I encouraged him to quit altogether rather than trying to "cut back" and told him when he decides to make that commitment I have a book that might help :-). I have been able to take better care of myself and my girls and I'm getting better at it with practice. My husband is treating me more respectfully and his eyes are being opened to the fact that HE is the one with the problem, not me and the girls.

If you're looking for a loving way to take care of your family in the middle of this crisis, buy "The Alcoholism Trap". I believe it is helping me save my sanity, my girls' self esteem, and my marriage. It's up to my husband whether he will be saved from alcoholism, but I've made my choice! Make yours today!

This book is available from all major online bookstores.

Read more or buy from Lulu.com <http://www.lulu.com/content/946885>

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