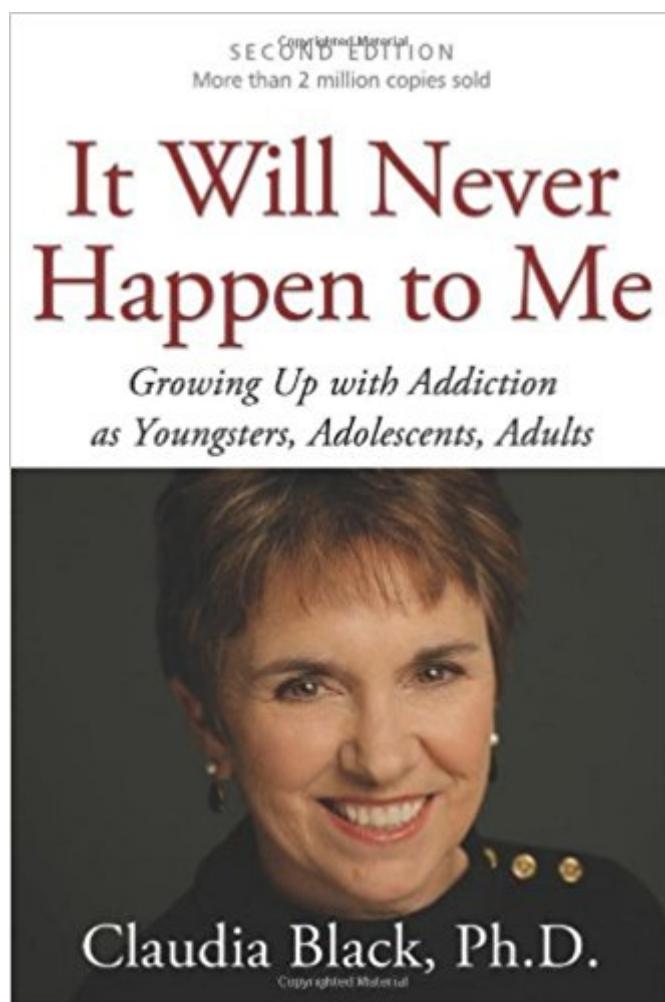


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# It Will Never Happen To Me: Growing Up With Addiction As Youngsters, Adolescents, Adults



## **Synopsis**

With her reassuring and informative approach, Claudia Black expertly identifies common issues faced by children who grew up in alcoholic families--shame, neglect, unreasonable role expectations, and physical abuse. First published 20 years ago, *It Will Never Happen to Me* is the definitive book/workbook for adult children of alcoholics. With her reassuring and informative approach, Claudia Black expertly identifies common issues faced by children who grew up in alcoholic families--shame, neglect, unreasonable role expectations, and physical abuse. Using narratives and profiles, she describes survival techniques characteristic of children raised in alcoholic families, including the unspoken laws of don't talk, don't trust, and don't feel. First explaining how such learned responses cause difficulties in adulthood, Black carefully guides readers in identifying self-defeating, destructive behaviors and finding a healthier, happier way to live. Key features and benefits: a proven seller by a respected recovery author contains easy-to-follow, useful exercises can be used by individuals or in a therapeutic setting.

## **Book Information**

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## **Customer Reviews**

One of the gifts of what we have come to learn about people raised in chemically dependent families is that it has offered extremely useful information for people raised in other types of troubled families as well. Whether or not you were raised in an addictive family system, *It Will Never Happen To Me* may very well offer a framework to understand your situation. We have long recognized that people raised with physical and sexual abuse strongly identify as if they were raised with addiction.

People raised with mental illness, ranging from schizophrenia to depression, to raging parents, frequently identify with adult child issues. People raised with parents affected by chronic health issues, physical challenges, as well as those raised by an adult child (an adult child who may not manifest an addiction, but the thinking and behavior is often characteristic of an addict) may also identify. The connecting thread between these different types of families is experiencing chronic loss that fuels emotional isolation, rigidity, or shame. Whatever the circumstances, when you come from a history of loss, it is like being a first cousin to the person raised with addiction. Therefore, if this information can benefit others raised in troubled families, this is an added gift. --This text refers to the Mass Market Paperback edition.

While hundreds of thousands of people are in recovery from chemical dependency, codependency, and adult child issues, our communities continue to be impacted by addiction. Heroin, cocaine, crystal methamphetamine, and marijuana use is rampant throughout our communities. But historically, the number one abused drug is alcohol. While the focus of this book will remain on homes where alcohol is the primary drug, it is my hope the reader will see similarities in other substance abusing families. The commonalities will be living with extremes, living with the unknown, or the fears. It is the living in a system where the addiction has become central to the family and the needs of the individual family members become secondary to the needs of the addict and his or her addiction. This book is meant to offer a foundation for understanding what occurred growing up in an addictive family and to offer hope for recovery. I want to acknowledge each and every one of you who have ever thought, spoken, believed and hoped "it will never happen to me." Because of that conviction, and because of your impact on me, together we have the possibility of creating a different journey for ourselves and others. --This text refers to the Mass Market Paperback edition.

I enjoyed reading through the book. This was my starting point in the ACOA literature world. It was where I first learned about the three alcoholic family rules, Don't Talk, Don't Trust, Don't Feel. I found these things very helpful when I was first becoming aware of how badly I was actually affected by my childhood. This book is better suited as a physical copy, as it has worksheets in it, and it would be better to deal with these things in a tangible way. This book is also better suited for parents, as it has a very significant chapter on speaking with your children, which is not very helpful to me yet.

Children of alcoholics frequently either become alcoholics, or marry alcoholics, and thereby recreate

the exact situation they swore they would never repeat. I've done both. When I first started attending AA meetings, I was struck by how just how many had said "That will never happen to me" but to no avail. After 18 years in Recovery being clean and sober, I still consider this to be one of the most useful explanations of those dynamics. I recommend it to everyone that I sponsor, or to anyone who is wrestling with alcoholism in his or her family.

I have read several of Dr. Black's books and am always surprised at her insight, empathy, and knowledge, worth reading for any one who has dealt with substance abuse in their family especially if the users were parents.

I believe that this is one of the best books ever written on the roles we play in a dysfunctional family. It has changed and saved many lives. I have given this book to dozens of people over the past 30 years.

Claudia Black is an expert on dealing with alcoholism and adult children. I love her work. She has helped so many!!

The longevity of the use of this book for support groups and individuals is a testament to its relevancy for anyone who has been affected by substance abuse. The book includes useful, practical information for anyone who has grown up with addiction-either their own or that of someone significant in their lives. Black uses an integrated approach to present the information in forms that appeal to all types of individuals. This is a book that not only offers insight, but also resources to help people affected by addiction in their lives. I highly recommend this book.

The book was in great condition. The contents are sometimes hard to accept but make one really think about their life situation. It is a thorough study about the effects of alcoholism on young children which they carry throughout their lives. If you are serious about changing the effects of a dysfunctional childhood, then this book is a good tool.

The information made me aware of what has happened to me. I, being the second generation adult child of an alcoholic, understand my parents actions and beliefs better. This then helps me to understand my actions and beliefs that I was taught by my parents.

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