

Entry 1 (Young child's perspective)

Mom and dad have been broken up since I was really little. Mainly because he's an alcoholic which caused a ton of issues in our family. He's always really mean to her even though they aren't even together anymore. He always starts fights with mom about my brother and I...especially when he's drunk. I still going over to his house to make him happy, but I hate going over there. He's always drunk and being mean. Every time I go over there, I find alcohol hidden somewhere in his house. There have been beer cans in the shower. A hidden box of beer in his laundry room. He also hides it in Gatorade bottles. I always get scared to go to his house because I never know how he's going to act. I also never know if he's driving my brother and I around while he's drunk. But I'm also scared to tell my mom how I feel because I don't want it to cause a fight between the two of them.

I always feel like I'm doing something wrong because my parents' problems got a lot worse after I was born. I also always wonder why I was never good enough for him to stop drinking. He was never violent towards me or my brother, but I always watched him get violent with my mom. Once again, only when he's drunk. The alcohol always brings out the worst in him. Whenever I go to his house, I have a panic attack that lasts all day up until I have to go. I hate that I don't get to have a "normal" dad, but you kind of get used to it after a while. I hope that one day he realizes that he has an issue and tries to get better from it. Mom, my brother, and I



Kalyne Dunnick
8:42 AM Sep 30



Drugs and alcohol change the brain very much. The changes within addicts' brains affect their behaviors, making it a lot harder to keep stable relationships. Many addicts go through divorce and can't keep any of their other relationships in a good spot.



Kalyne Dunnick
8:42 AM Sep 30



Substance abusers often verbally abuse their spouses. Alcohol disrupts normal brain function, weakening the brain mechanisms that restrain impulsive behaviors. This causes people to become rude and aggressive because their brain isn't holding back those impulsive actions.



Kalyne Dunnick
8:50 AM Sep 30



When children experience a split home at a young age, it often leads to the child feeling unsafe or neglected within one or both of the homes.



Kalyne Dunnick
8:59 AM Sep 30






that one day he realizes that he has an issue and tries to get better for us. My mom, brother, and I always fight with him about his drinking. That's all we ever really argue about because that's the only thing that causes issues in our relationships.




Entry 2 (Teen's perspective)

Things have always been back and forth with my dad. He's an alcoholic, but won't admit it. His actions have always affected me, but they have begun to affect me even more as a got older. When I was younger, I always looked up to him because, at the end of the day, he was still my dad. People around me would talk about why he wasn't a good dad, but I would always defend him. However, I now know why people would say that. He was never present, always




Addicts lie about many different things because they don't want to admit to having a problem. Alcoholics hide the alcohol so that they don't have to openly face the problem with their spouse, children, family, etc.

 **Kalyne Dunnick**
9:05 AM Sep 30  

Alcoholics fight with their spouses/ex-spouses a lot, especially when they're drunk due to the lack of impulse control. When children witness their parents fighting so often, it can cause them emotional distress, fear, and insecurity within the child.

 **Kalyne Dunnick**
9:36 AM Sep 30  

Many young children self-blame for their parent's addiction and feel unworthy because of it. Emotional and sometimes even physical neglect can cause children to feel unworthy, hopeless, and anxious.




 **Kalyne Dunnick**
9:41 AM Sep 30  




Addicts also physically abuse people. Whether it be their children, spouse, etc the alcohol prevents them from being able to control impulsive behaviors. When someone gets angry, their brain prevents them from impulsively hurting someone, but the alcohol affects that brain mechanism causing them to become violent




defend him. However, I now know why people would say that. He was never present, always complained about having to do things a parent is supposed to do, and he was always drunk around us. He also never actually took care of my sister and I as we grew up, we would just go to his house and sit in our rooms. We would usually hang out together and play Xbox, or we would sit in our rooms and watch movies alone. He always had new girls in and out of his life which caused my sister and I to no longer trust the people he brought into our lives.




When he gets drunk, he's always really mean to everyone around him. If he drinks around us, he usually ends up yelling at one of us over dumb stuff. He would yell at us for things like always being in our room, asking him to buy us things, and even for just talking about our mom and stepdad. Things were bad with him when I was younger, but they got worse as I grew up. My sister ended up not coming over to his house with me anymore which made me really lonely at his house. Eventually, he started causing issues with my mom and I, which made things stressful within both houses. I started to see who he really is and ended up cutting him off as well. We went a couple of months without talking, but ended up trying again. But it turned out how it always has. He shows up drunk, my sister and I get upset, we fight with him, and then we stop talking again. Honestly, I've just gotten used to it at this point so the impact isn't as bad, but it has definitely affected me a lot throughout my childhood.

that brain mechanism causing them to become violent towards others.

 **Kalyne Dunnick**
9:42 AM Sep 30  
When children grow up watching their parents go through addiction, it can cause long-term effects and mental disorders such as depression and anxiety.

 **Kalyne Dunnick**
10:33 AM Oct 5  
Substance abusers typically don't admit that they have a problem because they don't want the problem to be fixed. They often lie about the substance abuse to make people believe they are recovered or never had an issue in the first place.

 **Kalyne Dunnick**
10:32 AM Oct 5  
Children who have addict parents in their lives are often extremely affected by the addiction.

 **Kalyne Dunnick**
10:35 AM Oct 5  
Parents are the biggest influence in the young child's life. Children often don't see the bad things within their parents when they are younger because they look up to them and want to be like them.

Entry 3 (Spouse's perspective)

I started dating this guy when I was in my early twenties. We ended up getting married and had two kids together. There were many issues within our marriage, but I wanted to stay because I didn't want my kids to have a split home. It was very difficult for me to leave, but when I realized the only thing he did was hurt us, I knew I had to leave. He was verbally and physically abusive towards me. I didn't want it to turn into him doing those things to our kids, so I ended up leaving. He was very irresponsible, so I never left him alone with the kids. When I had to work, I would take them to daycare so that I knew they would be taken care of.

His addiction was the main reason we fought. Sometimes, the arguments became physical, especially when he wasn't getting his way. I feel so guilty for giving my children a father like him, I wish I could've given them a normal family. Even after we got a divorce, there were still many issues because of his addiction. He would get drunk while the kids were there and I would have to go get them, he would get drunk and forget to pick them up during his time, and he would always fight with me when he got drunk. When they were younger, they didn't understand why he was the way he was because they didn't really have to deal with him as much as I did, but as they got older, they started to experience some of the things that I did with him.



Kalyne Dunnick
8:22 AM Oct 6



Addicts typically can not keep stable relationships due to their behaviors caused by their addiction. They usually go in and out of relationships because of their inability to hold one for a long period of time.



Kalyne Dunnick
8:21 AM Oct 6



Addicts are often detached from the world around them. This detachment can cause deep trust issues within children and disconnection from the world around them.



Kalyne Dunnick
8:24 AM Oct 6



When an addict is under the influence, they lose their sense of morality. This may cause them to be verbally, physically, or even sexually abusive to the people around them.



Kalyne Dunnick
8:53 AM Oct 6



Addicts usually only focus on their substance abuse, as it controls their life. When a child witnesses their parents focusing on the substance more than them, it causes the child to feel intense loneliness.

as I did, but as they got older, they started to experience some of the things that I did with him. He started fighting with them over me and his drinking. He always blamed me for their fighting, and never admits when he is in the wrong. The kids and I just want him to get help, but he won't even admit that he is an addict.

It breaks my heart that he won't get help for his own kids. I have gotten used to him treating me badly, but I hate that he hurt our kids all of the time now. He has always made me feel horrible about myself because of the things he says to me. He was not only verbally abusive

but physically as well. The only thing that matters to me now is that he can no longer hurt me and that my children are safe.

to it controls their life. When a child witnesses their parents focusing on the substance more than them, it causes the child to feel intense loneliness.



Kalynne Dunnick
10:09 AM Oct 6



People who are dating/married to an addict typically fight with their spouse a lot more than "normal" couples. They fight over things connected to substance abuse such as money issues, staying out late, and being irresponsible.



Kalynne Dunnick
10:10 AM Oct 6



Parents often don't want to split up their families because they don't want to hurt their children in the process. They will usually stay in an unhappy relationship just to try and make their children happy.



Kalynne Dunnick
10:12 AM Oct 6



Addicts get extremely angry over little things that most people wouldn't get angry over. They get angry very easily, causing a lot of fights within their relationships. These fights often become physical due to their lack of impulse control when under the influence.