



Adult Children of Alcoholics

In the book "Adult Children of Alcoholics", Janet Woititz discusses 13 traits that most ACOAs experience to some degree. She has compiled a list of broad generalizations that she has gleaned from meetings with groups of adult children of alcoholics. Woititz says these traits emerge virtually every time adult children of alcoholics get together and discuss their experiences in growing up in alcoholic families.

Says Woititz: ACOAs

- guess at what normal behavior is.
- have difficulty following a project through from beginning to end.
- lie when it would be just as easy to tell the truth.
- judge themselves without mercy.
- have difficulty having fun.
- take themselves very seriously.
- have difficulty with intimate relationships.
- over-react to changes over which they have no control.
- constantly seek approval and affirmation.
- usually feel that they are different from other people.
- are super-responsible or super-irresponsible.
- are extremely loyal even in the face of evidence that the loyalty is undeserved.
- are impulsive. They tend to lock themselves into a course of action without giving serious consideration to alternative behaviors or possible consequences.

This impulsivity leads to confusion, self-loathing and loss of control over their environment. In addition, they spend an excessive amount of energy cleaning up the mess. For more information, contact the **Center For Addiction And Substance Abuse, 974-2677**.

*For more information or assistance:
USF students may call 974-2831;
Faculty and staff may call 974-5469*