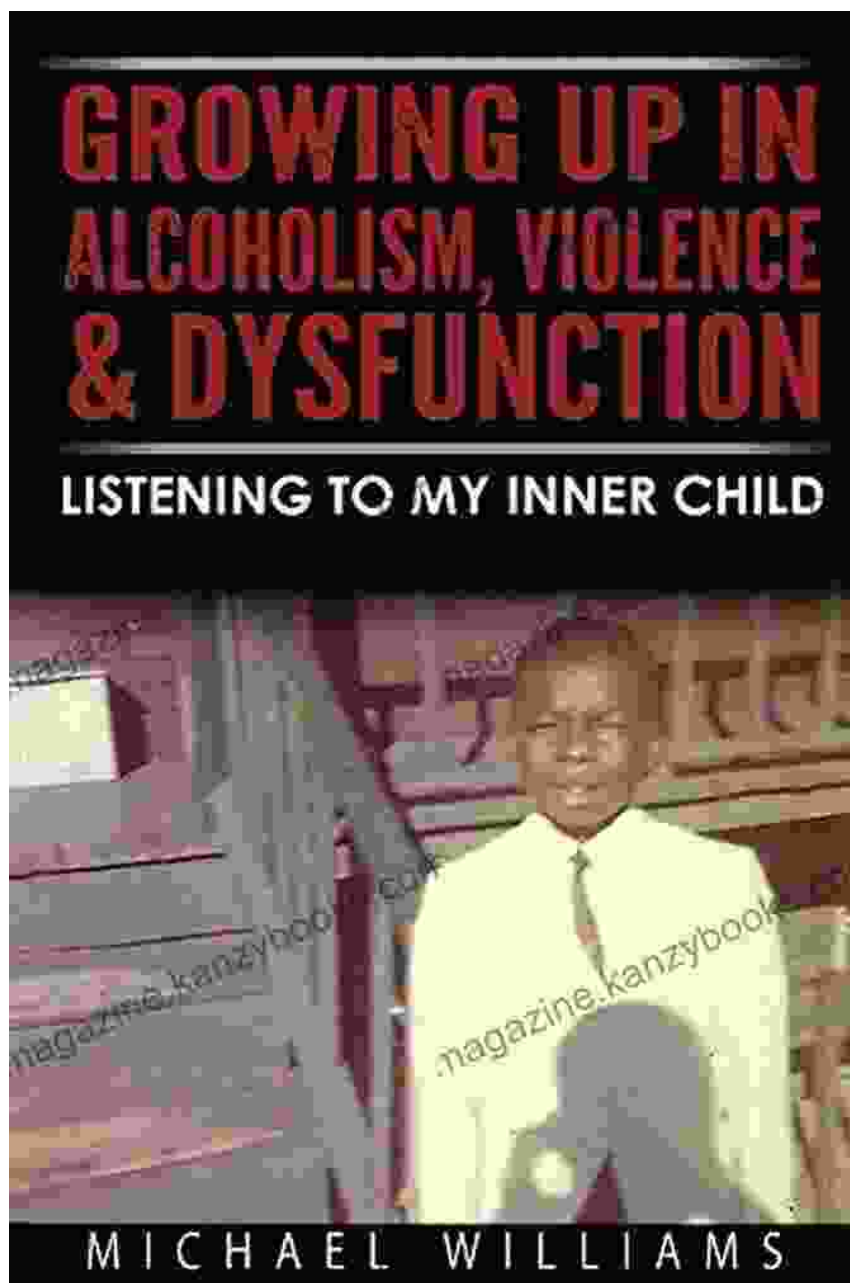
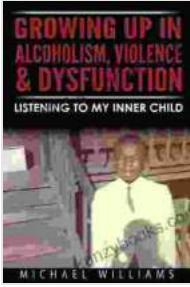


Growing Up In Alcoholism Violence Dysfunction: A Memoir of Resilience, Recovery, and Hope



**Growing Up In Alcoholism, Violence & Dysfunction:
Listening To My Inner Child** by Michael Williams

★★★★★ 5 out of 5



Language	: English
File size	: 505 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 128 pages
Lending	: Enabled



By [Author's Name]

As I sit down to write this memoir, I am filled with a mix of emotions. I am grateful for the opportunity to share my story, but I am also aware of the pain that it will bring up for me and for others who have experienced similar traumas. I hope that by sharing my story, I can help others to feel less alone and to know that there is hope for healing and recovery.

I grew up in a home where alcoholism and violence were commonplace. My father was an alcoholic, and he was often physically and emotionally abusive towards my mother and me. My mother was also an alcoholic, and she was often too drunk to take care of me properly. As a result of my parents' addiction, I grew up feeling scared, alone, and unloved.

I learned to cope with my trauma by dissociating. I would often check out of my body and mind, and I would spend hours daydreaming or fantasizing about a better life. Dissociation helped me to survive the abuse, but it also made it difficult for me to connect with others and to form healthy relationships.

As I got older, I began to drink alcohol and use drugs to numb the pain of my past. I also developed an eating disorder. My addictions and eating disorder spiraled out of control, and I eventually hit rock bottom. I was homeless, jobless, and alone. I knew that I needed to get help, so I checked myself into rehab.

Rehab was a difficult experience, but it was also the best decision I ever made. I learned how to deal with my trauma in a healthy way, and I began to heal from the wounds of my past. I also learned how to love myself and to accept myself for who I am.

I have been in recovery for over 10 years now, and my life has changed dramatically. I am now a happy and healthy woman. I have a loving husband and two beautiful children. I am also a successful writer and speaker. I am passionate about helping others to recover from trauma and addiction, and I am grateful for the opportunity to share my story with the world.

If you are struggling with trauma or addiction, please know that there is hope. Recovery is possible. You are not alone.

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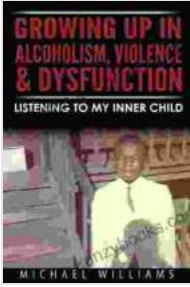
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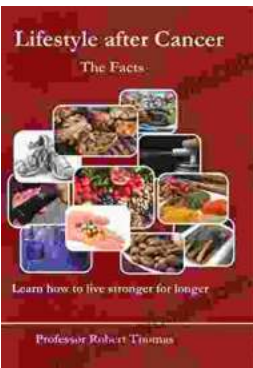


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