

## **Reparenting Ourselves Helps Addictions**

By Ron Petit

Many of us had dysfunctional parents who were incapable of loving us in a healthy way or giving us the limits and guidance we needed. As a result, we internalized their way of doing things in a way that often didn't serve us. Self-defeating patterns like beating ourselves up emotionally, beating others up emotionally, or getting drunk and overeating are prime examples.

The problem is that what once was done to us by our parents we now do to ourselves, for better or for worse. The good news however is that we can replace those negative parental messages with ones that work and truly serve us. In so doing we put ourselves in a better position to unravel problems like compulsive overeating, alcohol and drug addiction, sex addiction, workaholism, and other compulsive patterns that are truly self-defeating.

The pay off is that when we learn to re-parent ourselves and change that voice in our heads to a positive direction when we make mistakes and aren't perfect, we grow and move forward. What's not to like???

Hard work? Well yes and what of any worth is not hard work. Some of the hardest work you'll ever do. But when you think it might preserve your marriage, stop you from drinking and stop you from abusing your kids, well then the answer is self-evident. We either do this work or hand down our problems and our avoidance of these issues to our kids and subsequent generations.

Learning how to reparent ourselves is part of the grist for the mill in our weight loss/recovery group. You can do it. We know how you feel. We've been there too. Working together as a group can provide the magic.

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