



# **Workbook For Growing Up In Alcoholism, Violence & Dysfunction: Wakening and Listening To Our Inner Child (Volume 2)**

*Michael Williams*

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This is a work book to be used in conjunction with the books “Growing Up In Alcoholism, Violence & Dysfunction: Listening To My Inner Child” or “Earning My Parents’ Love: Trying to Grow Up In Alcoholism, Violence & Dysfunction” which is a first edition of the book. It is important to remember two aspects of these books: 1) The story is told from the viewpoint of the inner child. 2) The story came to be because the author could not remember his childhood & felt the pain of self-alienation. Forgetting served a purpose. Forgetting allowed us to survive. We had to forget. Now for many of us, this has become a paradox. Now we must remember. We must remember in order to access what needs to be felt and to heal; otherwise, the impairments forever remain outside the range of our awareness. This work is specifically designed to awaken our inner child and to allow that child to share her/his inner most intimate feelings in a safe environment with the person who has the primary responsibility for loving this child. In many respects recovery is a love affair with the self that we were taught was unlovable. Everyone's story is unique and it is my deepest desire that you fall deeply in love with the child that you once were and integrate that experience with the calm, competent, confidant adult that we were all meant to be. As a child of the creator we ALL deserve to be at peace especially with ourselves and this is what was stolen from those of us who grew up in alcoholism, violence and dysfunction.

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