

**Addictions in the Family:  
Consequences of Living with Chronic Loss  
and Abandonment**

**With**

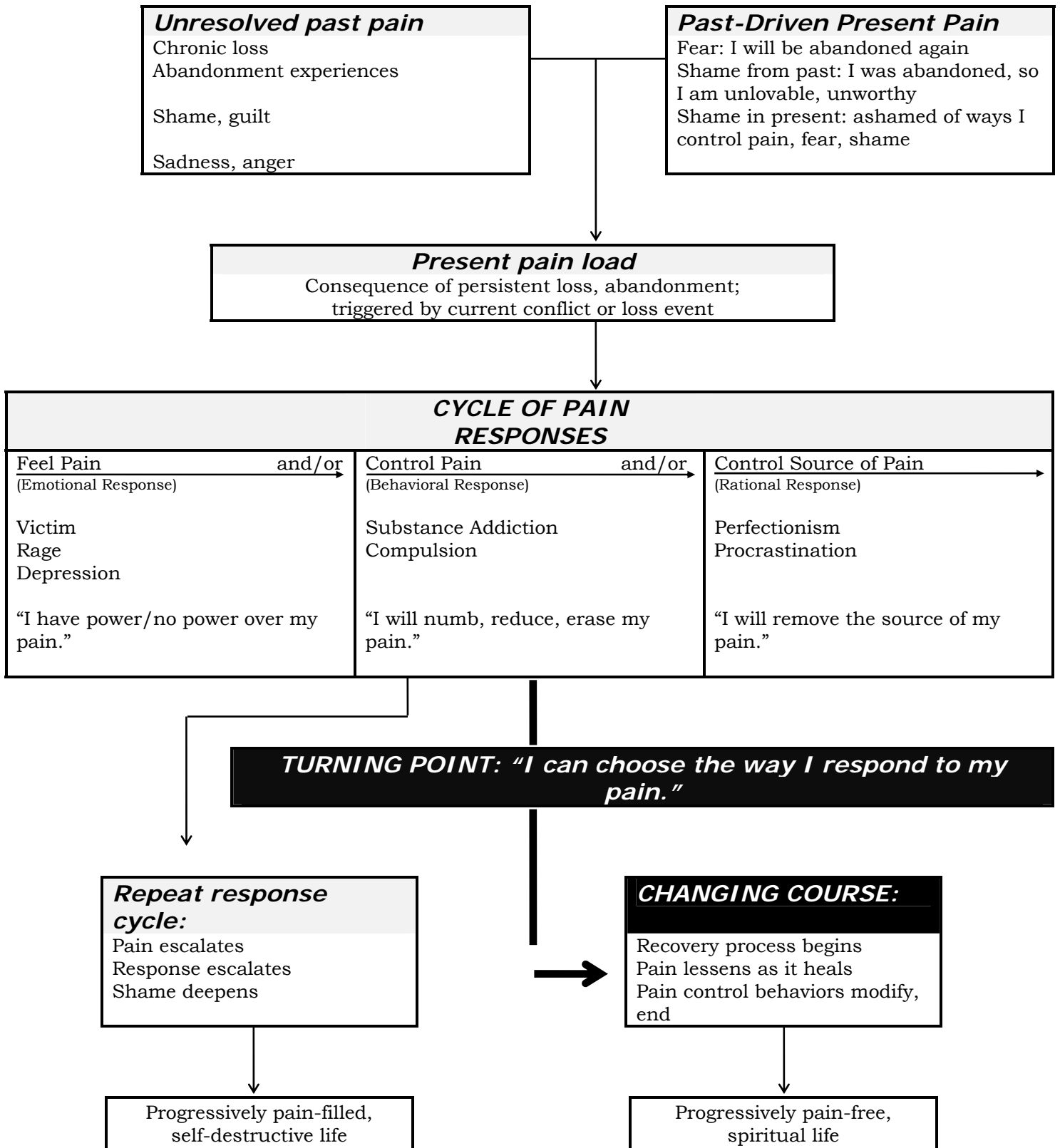
**Claudia Black Ph.D.**

NASW – WV Chapter  
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[www.claudiablack.com](http://www.claudiablack.com)

# From a Past of Chronic Loss to the Turning Point

## Pain from an Adult's Point of View



***Causes of past pain cannot be changed.***

***Responses to pain, both past and present, can change.***

***Changing responses to pain changes the course of pain in life.***

## **GUILT, EMBARRASSMENT AND SHAME**

Shame is such a primary issue, the basis from which many abandonment issues emanate or the reason they don't get dealt with. Control is often a manifestation of shame. People's fear of showing feelings is often shame related. People's inability to address their own needs is often due to their shameful feelings about self. Shame interferes with their ability to set healthy limits.

### **Guilt & Embarrassment:**

Stem from behavior

Are uncomfortable and often painful feelings

Do not reflect upon one's self worth

Guilt: (internal)

Feeling of regret and responsibility for one's actions

Embarrassment: (external)

Feeling of awkwardness, fleeting in time

Chronic embarrassment becomes shame

### **Shame:**

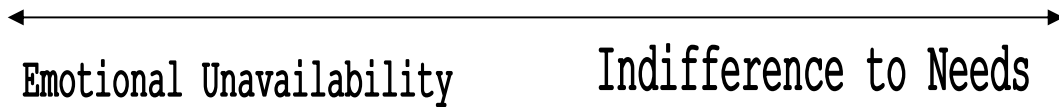
Is a matter of identity

Is a painful feeling about oneself as a person

Is a belief that one is defective, inadequate, bad

# EMOTIONAL ABANDONMENT

REJECTION



ACCEPTANCE

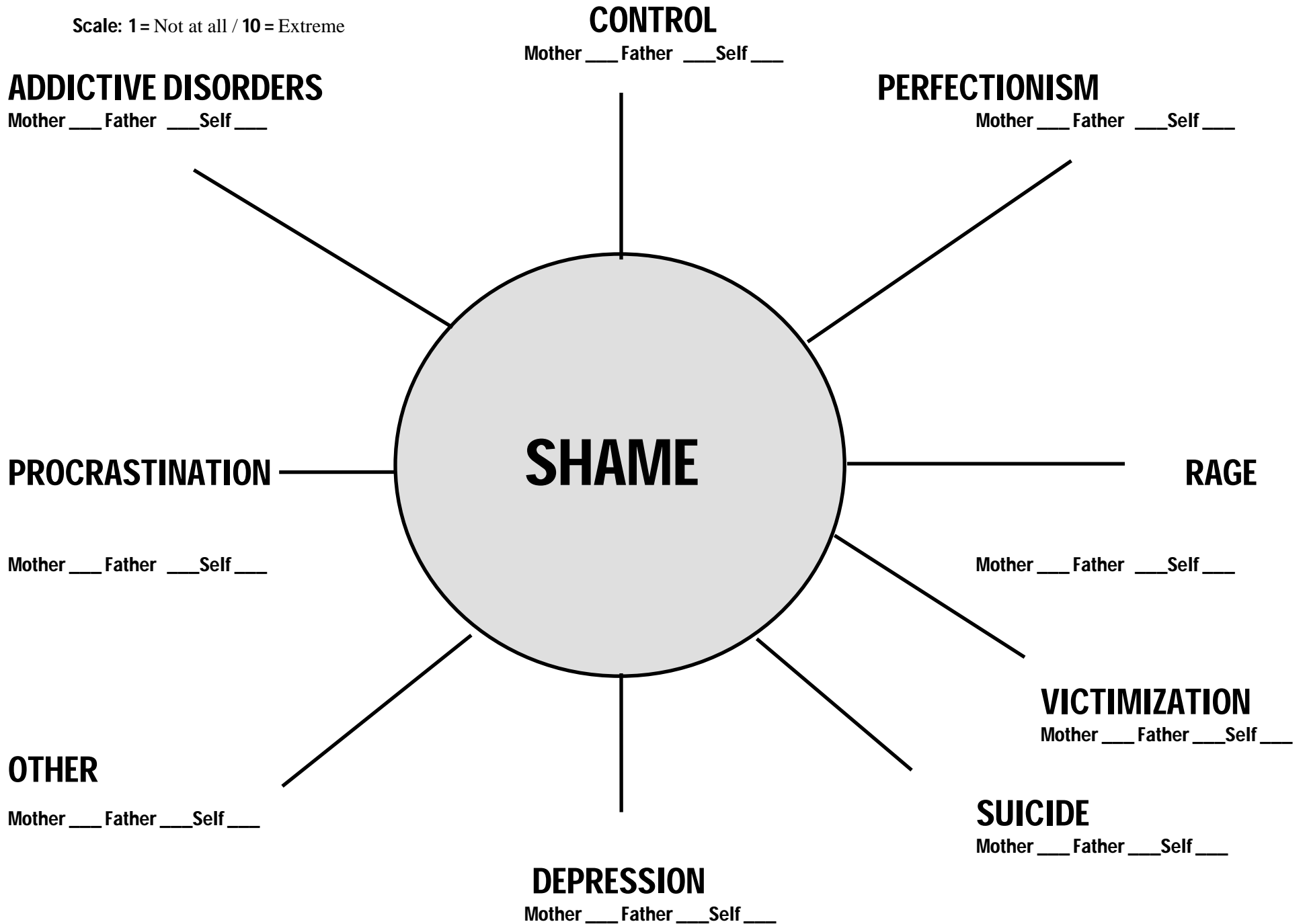
## Abandonment

- When you have to hide a part of who you are in order to be acceptable/to protect self
  - When you have to hide:
    - Your mistakes/vulnerabilities
    - Your feelings
    - Your needs
    - Your accomplishments/successes
- When you cannot live up to expectations of significant other due to expectations being unrealistic
- When someone is disappointed with you they attack your whole being, worth, value versus what you did or didn't do
- When another expects you to be an extension of themselves, fulfilling their dreams
- When another is not willing to take responsibility for their feelings, thoughts, and behaviors, but expects you to take responsibility for them
- When parents' esteem is derived from child's behavior
- When children are treated as peers, with no parent child distinction

HO/ACOA/Abandonment Line 2

SHAME GENOGRAM

Scale: 1 = Not at all / 10 = Extreme



## Saying Goodbye to a Defense

Write *Dear Defense...*

**Thank the defense for what it has done.**

**Tell the defense how it is getting in the way.**

**Tell the defense that you need to let it go.**

*Dear Perfectionism,*

*I want to thank you for the help you have given me over the years. I needed you when ... I needed you when I was a child. I was so scared and didn't want anyone to know. I had to do the right thing or teachers wouldn't have noticed me. I didn't want anyone to think there was anything wrong. Because of you, Perfectionism, I got some good attention. I learned to get a lot done.*

*But now you are getting in my way. Because of you, I cannot get close to other people. I expect too much from them. I cannot share in projects. I don't have fun because everything has to be done right. You once protected me from my fear, now you are the source of my fear- I can't be good enough.*

*I need to let you go.*

*Dear Procrastination,*

*Thank you so much for the opportunity that you have given me — the time for introspection. Thank you for having me think seriously, in depth, cogently.*

*But now you are in my way. You cause me to stop in my tracks for naught but fear itself. This is not good enough — not anymore. I've thought as in depth as anyone who may wish to be so, so analytical. I need to move on now, to put these thoughts and fears into real action.*

*I have a dream to complete, a drive that needs to be followed. Release me that I may be myself.*