

INTERVENTION WEBINAR

Why Addicts and Alcoholics Hold onto Anger and Resentment



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Mike has an extensive history of helping families treat addiction. He is an authority in addiction treatment and remains dedicated to providing hands-on expertise at our clinic.

 Starting Soon

Why Addicts and Alcoholics Hold onto Anger and Resentment

What Are Anger and Resentment in Addiction?

- **Anger:** An intense emotional response to perceived threats, often explosive or defensive.
 - **Resentment:** Lingering anger from unresolved grievances, festering over time.
 - Alcoholics are 'restless, irritable, miserable, and discontent'
 - These emotions aren't just side effects—they're drivers of substance use, used to cope with or mask underlying pain.
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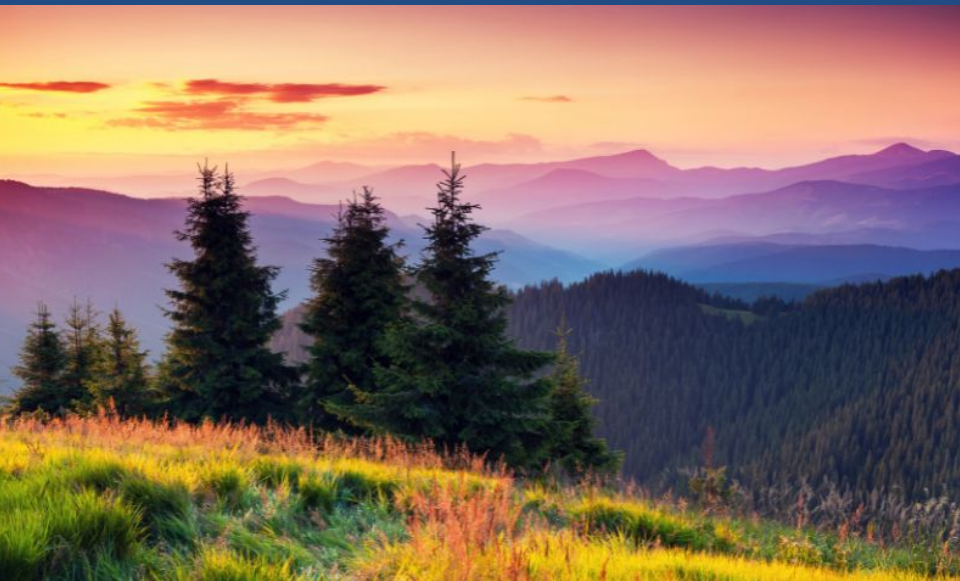


Why Anger and Resentment Thrive in Addiction

- **Avoiding vulnerability:** Anger masks shame, guilt, or trauma; alcohol numbs the pain temporarily.
- **Victim mindset:** Alcoholics deflect blame (e.g., mood swings from withdrawals), fostering resentment toward others.
- **Control illusion:** Anger feels empowering in a life spiraling out of control.
- Alcoholism is all about anxiety—fear of not having alcohol amplifies irritability and resentment.

How Anger and Resentment Fuel the Addiction Cycle

- **Self-medication:** Alcohol soothes anger briefly, but withdrawals intensify irritability.
- **Recovery barrier:** Anger keeps them stuck, resisting help because letting go threatens their coping mechanism.
- **Vicious cycle:**
Anger → Drink to cope → Withdrawal irritability → More anger → More drinking



The Family Impact



- **Ripple effect:** Alcoholism is a 'family disease'—anger and resentment strain relationships, causing arguments or emotional withdrawal
 - **Family reactions:**
 - **Enabling:** Trying to calm their anger, reinforcing the cycle.
 - **Conflict:** Arguing back, escalating resentment.
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Breaking the Cycle: Family Strategies



- **Detach, don't engage:** Don't argue or absorb their anger—set boundaries like, 'I won't discuss this when you're upset.'
 - Stage an intervention with a professional to create ambivalence and show the need for change, not just plead for sobriety.
 - **Change the environment:** Stop enabling behaviors that shield them from consequences
 - **Practice calm responses:** 'I see you're angry, but let's talk later.'
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Helping Them Release Anger and Resentment



- **Consequences drive change:** By detaching, you let them face their anger's fallout, pushing them toward help.
 - **Professional support:** Interventions and therapy (e.g., motivational interviewing) address underlying pain
 - Inaction brings no results—professional help shifts their focus from resentment to recovery.
 - **Hope:** Letting go of anger is their path to sobriety; your boundaries can spark that.
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Healing Your Own Resentment



- **Acknowledge your pain:** It's normal to resent the chaos they've caused—you're not alone.
 - Families must seek help too, as emotional attachment makes DIY solutions fail.
 - **Steps to heal:**
 - Join support groups (e.g., Al-Anon).
 - Set boundaries to protect your peace.
 - Focus on your recovery, not their choices.
 - Explore our S.A.F.E.® program for family recovery—call 1-888-291-8514.
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Stop Accepting Excuses and Start Getting Help

Questions? The Floor Is Yours!

Prefer to talk in private? Get in touch below:

Call Us: 1 (888) 291-8514

Chat with us: family-intervention.com
