

Choosing Whether to Ride the Roller Coaster

Loving an alcoholic is like being on a roller coaster. The ride involves unexpected twists and turns, and things can get very scary. One moment I'm riding high and enjoying the view, and in the next instant, I am plunging to new depths. Just when I think the ride has come to an end, it seems I am taken on another crazy adventure. At times, things are upside down, and I feel like throwing up or jumping off the ride.

There definitely is a thrill to being on the roller coaster of crisis and chaos—it's exciting, dramatic and distracting. The experience gets my adrenaline going and makes me feel alive. However, the roller coaster has a dark side. I forget to take care of myself, and I neglect other important responsibilities. I can get so used to being on the ride that I forget to put my feet on the ground once in a while.

Al-Anon has helped me know that I have a choice today about whether I stay on the ride. I can even leave the amusement park if I so choose. It's okay to take a break from the roller coaster and catch my breath.

By Christina S., Ohio
The Forum, May 2017

*Feel free to reprint this article on your Web site or in your newsletter, along with this credit line:
Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA.*