



Newsletter January 2003

Sample E-mail by Jef Gazley, M.S.

Why do I feel responsible?

Dear A.D,

In the 1970's when an alcoholic would come to a treatment center therapists would focus on curing them and then send them back home and feel their job was done. We were surprised when they would often return drinking. What we discovered is that usually there was a person who loved them at home and the term co-dependent was born. A co-dependent person is someone who either rescues an alcoholic from the consequences of their behavior or criticizes them. The goal was to help the alcoholic quit drinking and the result is the alcoholic would be enabled to drink more by the co-dependent taking care of them. The co-dependent was discovered to be just as troubled and sick as the alcoholic and was actually addicted to the alcoholic.

In the early 80's it was realized that parents who are enmeshed with each other in a chemically addicted relationship lack parenting skills and often the family life is chaotic. The children then grow up emotionally too fast and that causes a form of Post Traumatic Stress Disorder called Adult Children of Alcoholics or Parentified Kids. They begin to take care of the parents and are abandoned emotionally. This is not supposed to occur. It causes addictions and co-dependence in the children. Therefore we realized that the children were troubled as well and needed treatment. People then tended to be seen in family therapy.

It was further discovered that there were certain dysfunctional rules that were followed in these families. They could be stated or unwritten rules. These were 1) always be perfect 2) always be in control of self and others 3) if you break #1 or 2 then you need to shame self and/or others. 4) don't feel 5) don't express feelings 6) third party communication 7) have unrealistic expectations for self and others 8) don't be selfish 9) don't play 10) be super serious and 11) take care of other people. These rules are crazy and impossible because they are unattainable and out of balance. It is fine to be concerned with yourself at times and great to help people at times.

In the late 80's we started to realize that most families even if they were not alcoholic were at least to some degree dysfunctional and followed these out of balance rules and so treatment was started for dysfunctional families. We also realized that people could be co-dependent without alcohol being involved. These families often act selfishly and

then call the person who is being abused selfish. They are run on shame and abandonment.

It sounds as if you are suffering from co-dependence and that your family at least has some elements that are dysfunctional. If your mother has always been depressed and your father abusive then you very probably took on the role of the caretaker and your family has come to expect it. You can still be a loving person and not take care of people. The rule is care don't take care of. I would really suggest getting some therapy with a counselor who is familiar with these issues.

Good Luck.

Jef Gazley, M.S.

www.asktheinternettherapist.com

Featured Specialist: Thomas C. Fiel D.O.

Thomas C. Fiel D.O.

Family and Sports Medicine



I began my health care experience as a Respiratory Therapist, from there I became a Registered Nurse. After spending much of my time around physicians and the medical field, I decided that was what I wanted to achieve. I graduated from Osteopathic Medical School as a doctor in 1989 and on to a Family Practice Residency, which I completed in 1992. I then elected to spend a fellowship in Sports Medicine at the Center for Sports Medicine in Phoenix, Arizona, which I completed in 1993. Since that time I have been in Tempe, Arizona where I now am a physician practicing Family and Sports Medicine. My emphasis is in the medical care of athletes from the weekend warrior to the professional, as well

as industrial medical injuries. I also do general family medicine from pediatrics to geriatrics. In addition, I volunteer my services as a clinical instructor at the Arizona College of Osteopathic Medicine in Glendale, Arizona. I enjoy teaching and feel it keeps my skills sharp and up to date.

At the present time, Dr. Fiel is only accepting e-mail questions and the price is \$50.00 per question.

Upcoming Events

The **free online chat session** will be on January 5th, 2003 and will be hosted by Judith Allen, Ph.D. The February's chat session will be hosted by Jef Gazley, M.S., and will be held on February 2nd, 2003.

January Contest Winner

Congratulations to Shelley B. She is our January winner. Enjoy.

Featured Hypnosis Audiotape

Sleep Tape - Beach

Imagine yourself on a secluded white sand beach in total relaxation! Palm trees are swaying in a gentle breeze, and waves are rolling onto the beach in a hypnotic rhythm. Stop anxiety attacks. This hypnotic tape sleep aid uses beach guided imagery and background music from "Peaceful Pond" by Dean Evenson (BMI) (c) 1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S. ©1998

Price: \$15.00 ea.

http://www.asktheinternettherapist.com/hypnosis_sleep_tape_beach.asp

Special Note

Be sure to utilize our **free** discussion boards. These chat rooms are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

Remove

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place remove in the subject.

Have a Safe and Happy Holiday! And a Happy New Year!

*We believe better health
begins with better Mental Health.*

Jef Gazley M.S.

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