



# Daily Affirmations for Adult Children of Alcoholics

By Rokelle Lerner

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## Daily Affirmations for Adult Children of Alcoholics By Rokelle Lerner

The messages that we give to ourselves are the most important messages we hear. The internal briefings and conversations we hold determine our attitudes, our behavior and the course of our lives. If, as children, we were criticized and shamed, our internal dialogue will be self-deprecating. If we are used to large doses of self-imposed sarcasm and negative reviews of our daily performance, we gradually mutilate our self-esteem, our creativity and our spirit.

As adult children of alcoholics, we can continue to remain in the past and believe the negatives that we were taught; or we can change our beliefs with affirmative thoughts that can set us free into better and more expansive experiences. What we choose to believe will ultimately rule our world.

Affirmations are a way to wake us up--to make us fully conscious and aware of the daily choices we make. And, as we learn to direct our thoughts, our feelings and behavior will naturally follow.

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### **Editorial Review**

#### About the Author

Rokelle Lerner is one of the most sought after speakers and trainers on relationships, women's issues and addicted family systems. She has inspired audiences throughout the world with her expertise and her ability to address difficult topics with insight, humor, and astounding clarity.

She has received numerous awards for her work with children and families including *Esquire* magazine's "Top 100 Women in the U.S. Who Are Changing the nation." Rokelle has consulted with foreign governments, U.S. agencies, corporations, schools and hundreds of individuals on boundaries, addiction and relationship problems. Rokelle has appeared as a guest consultant on many television shows such as *Oprah*, *Good Morning America*, *CBS Morning News* and *20/20*. Her articles and interviews have been featured in *The Washington post*, *New York Times*, *Los Angeles times*, *Newsweek*, *Time*, *People Magazine*, and *Parents Magazine*.

### **Users Review**

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##### **Angel Echols:**

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##### **Bryan Rodriguez:**

Reading can called mind hangout, why? Because if you are reading a book mainly book entitled Daily Affirmations for Adult Children of Alcoholics your thoughts will drift away trough every dimension, wandering in most aspect that maybe not known for but surely can be your mind friends. Imaging each word written in a book then become one web form conclusion and explanation which maybe you never get just before. The Daily Affirmations for Adult Children of Alcoholics giving you another experience more than blown away the mind but also giving you useful facts for your better life within this era. So now let us explain to you the relaxing pattern here is your body and mind will likely be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary wasting spare time activity?

##### **Charles Brewster:**

This Daily Affirmations for Adult Children of Alcoholics is great book for you because the content that is full of information for you who always deal with world and still have to make decision every minute. This

particular book reveal it facts accurately using great coordinate word or we can declare no rambling sentences inside it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but tricky core information with lovely delivering sentences. Having Daily Affirmations for Adult Children of Alcoholics in your hand like finding the world in your arm, facts in it is not ridiculous one. We can say that no guide that offer you world with ten or fifteen tiny right but this guide already do that. So , it is good reading book. Hey there Mr. and Mrs. occupied do you still doubt that?

**Betty Neal:**

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