

## A WIFE'S PERSPECTIVE

"Our life together consisted of one crisis after another," says Dianne P. Her husband Henry, had sold his business and retired in 1976, at the age of 38. His only plan at the time seemed to be to straighten out her life and the lives of their kids. There were already multiple problems in the family at this early stage.

After a series of different jobs and moves the crises continued and Henry's drinking and gambling had escalated.

At first Dianne was unwilling to look at her husband's alcoholism as the actual problem. She thought boredom led to his drinking and work would solve the problem.

In 1996 they both stopped working and sought counseling. The counselor said he could not help her husband but encouraged Dianne to continue, which she did. "I couldn't cope with his moods and my daughter told me we were co-dependent. At the time I didn't know what this meant."

Henry had lost his license in September

and in February had been banned from their home by court order due to an altercation with another tenant in the building.

Dianne says, "Our life had totally come apart." This happened in their 43rd year of marriage. "He found himself stripped of his dignity and everything that was dear to him."

Henry had nowhere to go. An AA member helped get him into Arid House for a short stay prior to treatment.



While Dianne had little faith in her husband, she still attended treatment for co-dependency. As a result of this treatment she had a better understanding of alcoholism and her part in it. This led her to attend Al-Anon.

After treatment Henry lived at Arid House for three months; first in the Fort Erie then in the Thorold residence.

He now lives in his own apartment and out of necessity has learned to shop, cook and take care of himself.

With having a little distance they have managed to consolidate their own recoveries. Dianne has been able to address her problems with excessive people pleasing. Henry's recovery is going well. He attends a lot of meetings and maintains strong ties to Arid House.

Dianne and her husband are still seeing each other. Since their family has seen their commitment they, in turn, are committed to supporting their parents.

"We both found the board members very helpful in our recoveries." Knowing that her husband was in the safe Arid environment elevated her comfort level. Dianne continues to attend Al-Anon as well as counseling. Should problems arise Dianne maintains she would feel comfortable calling on Arid board members for help.

## DRY HUMOUR

How does an alcoholic plan for the future?

He buys two cases of beer instead of one.

A preacher goes into a bar and says "Anybody who wants to go to heaven, stand up." Everybody stands up except for a drunk in the corner. The preacher says "My son, don't you want to go to heaven when you die?" The drunk says "When I die? Sure. I thought you were taking a load up now."

There's this drunk standing out on the street corner, and a cop passes by, and says, "What do you think you're doing?" The drunk says, "I heard the world goes around every 24 hours, and I'm waiting on my house. Won't be long now, there goes my neighbor."

## EDITORS' NOTE

A special thanks to Ken and Leon for their help and guidance.

Congratulations to Keith H., co-founder of Arid House, who celebrates forty years of continuous sobriety at the end of November.

Carl, we wish you a speedy recovery.