



THE LAUNDRY LISTS WORKBOOK

Integrating Our Laundry List Traits for Adult Children of Alcoholics / Dysfunctional Families

By ACA WSO

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The Workbook expands the brief description of the "Other" or Opposite Laundry List (BRB, p. 8). It contains concise questions to guide the recovering adult child in reliving actual episodes that produced feelings of inferiority, shame, guilt, and anger (emotional intoxication). This workbook outlines a recovery process for healing the injury and conflict caused by childhood trauma and its continued reenactment, and for withdrawing from emotional intoxication.

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