



The Champion

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Overindulged Children

Paula Whitaker, Counseling Director, M.Ed., MA, LCC

"I want my children to have the best I can give." "I want my children to have advantages I didn't have."

What parent hasn't had these thoughts or voiced similar desires? Probably we all have. Isn't it because we care? Yes, we give because we care, but **sometimes we give too much.** Sometimes the children wheedle, cajole, nag, or manipulate us into giving more than they need.

When parents give too much, they are overindulging. When parents are too lenient they are over indulging. When they allow children to control the mood of the home, they can't say "No" to their children, they are over indulging.

Overindulging children is giving them too much of what looks good, too soon, too long. It is giving them things or experiences that are not appropriate for their age or their interests and talents. It is the process of giving things to children to meet the adult's needs, not the child's needs.

Overindulgence is giving a disproportionate amount of family resources to one or more children in a way that appears to be meeting the children's needs but does not, so children experience scarcity in the midst of plenty. Overindulgence is doing or having so much of something that it does active harm or at least stagnates a person and deprives that person of achieving his or her full potential.

Overindulgence is a form of child neglect. It hinders children from doing their developmental tasks, and from learning necessary life lessons. Overindulged children can become very demanding, after a time, if parents don't set proper limits they yield to the urge to hit.

Myth: Overindulgence means that children have too many toys.

Reality: Over half of those surveyed reported that having things done for them with no consistent chores expected was how they were overindulged. Among the things they reported and regretted not learning are: how to clean, how to organize personal space, how to budget, how to be financially adept, how to complete things, social skills.

Victorious Christian Recovery

12 Step Christian Based Program !

Scripture, Prayer, Christian Fellowship

WEDNESDAY EVENING @ 6:30

**From Alcohol, Drugs, Pornography,
Co-Dependency, Overeating & Addictions**

CALL 281-357-4111 for Info.

Areas of overindulgence by not having to be a contributing family member:

- #1 Having things done for you
- #2 Too many privileges
- #3 Too much freedom
- #4 Domination in the family
- #5 Not having to learn skills
- #6 Not having to follow rules

Overindulgence in areas that usually cost money:

- #1 Clothes
- #2 Toys
- #3 Lessons
- #4 Entertainment
- #5 Holidays

Overindulgence is a form of neglect and causes such pain, inconvenience, and distress later in life, why would parents do that? Guilt – a little guilt / a little gift!

According to a survey by Jean Clarke, parents may overindulge because they think it is for the welfare of a child, but most of the adults who were overindulged as children saw the overindulging as something that was done to meet their parents' needs. This gives us a direct clue about **how to avoid overindulging – recognize our own needs and get them met directly NOT through our children. Then we will be able to see whether what we are giving is hurtful or helpful. If you know someone with these concerns, call Champions Christian Counseling – we can help!**

(Excerpted from "How Much is Enough?" by Jean Illsley Clark)

GOD PLEASE HELP ME STOP!

Dee Heffernan, Substance Abuse Program Coordinator

God has provided a way out for those who are living with addictions or compulsions which they have thus far been unable to overcome. **Victorious Christian Recovery** is a FREE interdenominational, Christ based twelve step program where persons who are suffering from addictions or compulsions can find support from other Christians who have been where they are presently walking in victory.

Using the 12 Steps of Alcoholics Anonymous, Scripture, Prayer, Fasting, and Christian Fellowship as a means of achieving sobriety from alcohol, drugs, pornography, Co-Dependent overeating as well as other addictions and dependencies.

If you or someone you know is asking god for help in overcoming addictions or compulsive behavior, please let them know that there are others who have, through the help of God and these programs, achieved Victory in Jesus Christ!

Call for information on this and other program for all addictions!

Characteristics of Adult Children of Alcoholics

Adult Children of alcoholics...

1. ...guess at what normal behavior is.
2. ...have difficulty following a project through from beginning to end.
3. ...lie when it would be just as easy to tell the truth.
4. ...judge themselves without reason.
5. ...have difficulty having fun.
6. ...take themselves very seriously.
7. ...have difficulty with intimate relationships.
8. ...overreact to changes over which they have no control.
9. ...constantly seek approval and affirmation.
10. ...usually feel that they are different from other people.
11. ...are super responsible or super irresponsible.
12. ...are extremely loyal even in the face of evidence that their loyalty is undeserved.
13. ...are impulsive. They tend to lock themselves into a course of action without giving serious consideration to alternative behaviors or possible consequences. This impulsivity leads to confusion, self-loathing, and loss of control over their environment. In addition, they spend an excessive amount of energy cleaning up the mess.

If you are an adult child of an alcoholic there is hope for you or someone you know. Call Champions Christian Counseling Center TODAY!

Verse of the Month:

“Dear children, let us not love only with words or the tongue but with actions and in truth.”

1 John 3:18

Screening Questions for Alcohol Abuse

<http://www.cccctomball.com/alcohol.html>

- Have you had a period when your drinking—or being sick from drinking—often interfered with taking care of your home or family?
- Have you had a period when your drinking—or being sick from drinking—caused job troubles?
- Have you had a period when your drinking—or being sick from drinking—caused school problems?
- Have you more than once driven a car or other vehicle while you were drinking? Or after having had too much to drink?
- Have you gotten into situations while drinking or after drinking that increased your chances of getting hurt—like swimming, using heavy machinery, or walking in a dangerous area or around heavy traffic?
- Have you gotten arrested, been held at a police station, or had any other legal problems, because of your drinking?
- Have you continued to drink even though you knew it was causing you trouble with your family and friends?
- Have you gotten into physical fights while drinking or right after drinking?
- Have you found that you have to drink much more than you once did to get the effect you want? Or that your usual number of drinks has much less effect on you than it once did?
- When the effects of alcohol are wearing off, have you had trouble sleeping? Found yourself shaking? Nervous? Nauseous? Restless? Sweating? Heart beating fast? Have you sensed things that aren't really there? Had seizures?
- Have you taken a drink or used any drug or medicine (other than over-the-counter pain relievers) to keep from having bad aftereffects of drinking? Or to get over them?

- Have you more than once wanted to stop or cut down on your drinking? Or tried more than once to stop or cut down but found you couldn't?
- Have you had times when you ended up drinking more than you meant to? Or kept on drinking for longer than you intended?
- In order to drink, have you given up or cut down on activities that were important or interesting to you or gave you pleasure?
- Have you had a period when you spent a lot of time drinking? Or being sick or getting over the bad aftereffects of drinking?
- Have you continued to drink even though you knew it was making you feel depressed or anxious? Have you continued to drink even though you knew it causing a health problem or making one worse? Have you continued to drink even though you knew it caused a blackout?
- Do you enjoy a drink now and then?

If you have answered “yes” to three or more questions, please call us for more information or for an appointment, 281-357-4111, or e-mail us at counselors@cccctomball.com.

What is Co-Dependency?

Co-Dependency is a learned behavior that often cycles from one generation to the next. Co-Dependency affects one's ability to have fulfilling, happy relationships. Many professionals see it as "relationship addiction". Persons suffering from Co-Dependency often have emotionally destructive and/or abusive relationships. Their relationships are often very one-sided. Co-Dependency is learned by imitating behavior exhibited by other family members who display co-dependent behaviors.

Several years ago, Co-Dependency became a term used to describe the behaviors of the spouse of a substance abuser.

The following is a list of statements a Co-Dependent person may feel:

- My good feelings about who I am depend on my receiving approval from you.
 - Your problems affect my serenity. My attention is focused on solving your problems.
 - My mental attention is focused on pleasing you.
 - My self esteem is bolstered by receiving your pain and solving your problems.
 - My interests are ignored while my time is spent sharing your interests.
 - I ask you what you want. I am not aware of what I want.
 - My fear of your rejection determines what I say and do.
 - My circle of friends diminishes as I become more involved with you.
 - I compromise my values in order to connect with you.
 - I value your opinion more than I value my own.
 - If your quality of life is poor the quality of my life will be also.
- Please contact us for more information or for an appointment by calling us at 281-357-4111.

FREE **Christian Woman of Sobriety Group**
Friday nights from 6:30p.m. to 7:30 p.m.