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Truth, in my eyes, is a hard and complicated thing. It's like a rose. It has the beautiful blossoming flower, but then it also has the painful, deep thorns. Many people don't want to accept the truth out of shame, embarrassment, sadness, worry of others disliking them, and more. Ones who come to terms with the truth, often have done a lot of self-reflection. They have taken something brutal and turned it into good criticism to better themselves as a whole. They aren't ashamed of what they've done in the past and more.

Throughout my lifetime I've contemplated "**Is it the truth?**" In other words, is it true that my father or anyone for that matter is an alcoholic? My thought is: In the eyes of alcoholics, No! They see themselves drinking here and there rather than every day constantly. However, I feel deep down they do know it's more than just a sip now and then. They just don't want to acknowledge or accept it out of shame, deep sadness, guilt and more. Now in the eyes of a daughter of an alcoholic father, when I question this, I can see the truth. They are an alcoholic through and through. I see the wobbling walk or bloodshot eyes or see the thousand empty beer cans out on the porch. However, even though I may see all the actions of the alcoholic, it's still hard to fully expect, believe or understand the aspects of it.

Is this fair to all concerned? Translation: is it fair to others that the alcoholic doesn't see the truth? In general, yes, I believe it's fair. The reason I say that is because people don't want to accept or fully see the negative aspect of themselves. People don't see themselves the way others view them. In the perspective of a daughter of an alcoholic: No, it's not fair because it's so noticeable. The stashes of beer cans or the

transactions of continuous purchases of beer. It's hard for the people around the alcoholic to fully understand as to why they don't see the issue.

Will it build goodwill and better friendships? To me, I'd say yes and no. Yes, because it all depends on the kind of person you are. If you think about it this way: it can be goodwill because if you see how much the addiction affects many lives you can take it as if you are learning from them. That to me can be a goodwill. I mean, who's truly able to say that you can't build goodwill or better friendships while having or dealing with an addiction? I also say no, because with alcoholics, there's always deep sadness. Then, if you add alcohol to it, it causes rage. Leaving the alcoholic lashing out in any way, whether it's mental abuse, physical abuse, distancing themselves from everything, or all. Most of the time it's only the intermediate family who sees or hears the loud gunshots. Those around see them drinking themselves to death and some can't stay around to see that. It's truly heartbreaking. From my experience, my father is destroying all of us. You can't have a single conversation without some argument. He never hangs out with us, and it is always awkward around him. He continually lashes out and plays the victim.

Will this be beneficial to all concerned?! Even though there are alcoholics in the world causing others deep sadness, the truth is this experience has taught me to be stronger! I still see it in a beneficial way. I see the dangers of the alcohol intake. I see the deep sadness within and know not to let myself or anyone use an escape of a deadly, dangerous poison. Through the pain of it, though the possible loss of a family

member or friend, I must now do my best to help others. I must not let myself or others follow the footsteps of someone who gave up on themselves.