

Trait 1

Laundry List

We became isolated and afraid of people and authority figures.

Trait 1

The Other Laundry List

To cover our fear of people and our dread of isolation we tragically become the very authority figures who frighten others and cause them to withdraw.

Flip Side of the Laundry List

We move out of isolation and are not unrealistically afraid of other people, even authority figures.

Flip Side of the Other Laundry List

We face and resolve our fear of people and our dread of isolation and stop intimidating others with our power and position.

Trait 1
Trait 2

Trait 1
Trait 2

Laundry List

We became approval seekers and lost our identity in the process.

Flip Side of the Laundry List

The Other Laundry List

To avoid becoming enmeshed and entangled with other people and losing ourselves in the process, we become rigidly self-sufficient. We disdain the approval of others.

Flip Side of the Other Laundry List

We do not depend on others to tell us who we are.

We realize the sanctuary we have built to protect the frightened and injured child within has become a prison and we become willing to risk moving out of isolation.

Trait 2

Trait 3

Laundry List

We are frightened by angry people and any personal criticism.

Trait 2

Trait 3

The Other Laundry List

We frighten people with our anger and threat of belittling criticism.

Flip Side of the Laundry List	Flip Side of the Other Laundry List
We are not automatically frightened by angry people and no longer regard personal criticism as a threat.	With our renewed sense of self-worth and self esteem we realize it is no longer necessary to protect ourselves by intimidating others with contempt, ridicule and anger.
Trait 3 Trait 4	Trait 3 Trait 4
Laundry List	The Other Laundry List

<p>We either become alcoholics, marry them, or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.</p>	<p>We dominate others and abandon them before they can abandon us or we avoid relationships with dependent people altogether. To avoid being hurt, we isolate and dissociate and thereby abandon ourselves.</p>
<p>Flip Side of the Laundry List</p>	<p>Flip Side of the Other Laundry List</p>
<p>We do not have a compulsive need to recreate abandonment.</p>	<p>We accept and comfort the isolated and hurt inner child we have abandoned and disavowed and thereby end the need to act out our fears of enmeshment and abandonment with other people.</p>

Trait 4

Trait 4

Trait 5

Laundry List

We live life from the viewpoint of victims and are attracted by that weakness in our love and friendship relationships.

Trait 5

The Other Laundry List

We live life from the standpoint of a victimizer, and are attracted to people we can manipulate and control in our important relationships.

Flip Side of the Laundry List

We stop living life from the standpoint of victims and are not attracted by this trait in our important relationships.

Flip Side of the Other Laundry List

Because we are whole and complete we no longer try to control others through manipulation and force and bind them to us with fear in order to avoid feeling isolated and alone.

Trait 5
Trait 6

Trait 5
Trait 6

Laundry List

We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves. This enables us not to look too closely at our own faults.

Flip Side of the Laundry List

We do not use enabling as a way to avoid looking at our own shortcomings.

The Other Laundry List

We are irresponsible and self-centered. Our inflated sense of self-worth and self importance prevents us from seeing our deficiencies and shortcomings.

Flip Side of the Other Laundry List

Through our in-depth inventory we discover our true identity as capable, worthwhile people. By asking to have our shortcomings removed we are freed from the burden of inferiority and grandiosity.

Trait 6
Trait 7

Trait 6
Trait 7

Laundry List

We get guilt feelings when we stand up for ourselves instead of giving in to others.

The Other Laundry List

We make others feel guilty when they attempt to assert themselves.

Flip Side of the Laundry List

We do not feel guilty when we stand up for ourselves.

Flip Side of the Other Laundry List

We support and encourage others in their efforts to be assertive

Trait 7
Trait 8

Trait 7
Trait 8

Laundry List

The Other Laundry List

We become addicted to excitement.

We inhibit our fear by staying deadened and numb.

Flip Side of the Laundry List

Flip Side of the Other Laundry List

We avoid emotional intoxication and choose workable relationships instead of constant upset.

We uncover, acknowledge and express our childhood fears and withdraw from emotional intoxication.

Trait 8

Trait 9

Laundry List

We confuse love with pity and tend to "love" people who we can `pity" and "rescue".

Trait 8

Trait 9

The Other Laundry List

We hate people who “play” the victim and beg to be rescued.

Flip Side of the Laundry List	Flip Side of the Other Laundry List
We are able to distinguish love from pity, and do not think “rescuing” people we “pity” is an act of love.	We have compassion for anyone who is trapped in the “drama triangle” and is desperately searching for a way out of insanity.

Trait 9
Trait 10

Trait 9
Trait 10

Laundry List	The Other Laundry List
We have stuffed our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (denial).	We deny that we’ve been hurt and are suppressing our emotions by the dramatic expression of “pseudo” feelings.

Flip Side of the Laundry List	Flip Side of the Other Laundry List
<p>We come out of denial about our traumatic childhoods and regain the ability to feel and express our emotions.</p>	<p>We accept we were traumatized in childhood and lost the ability to feel. Using the 12 Steps as a program of recovery we regain the ability to feel and remember and become whole human beings who are happy, joyous and free.</p>

Trait 10

Trait 10

Trait 11

Laundry List

We judge ourselves harshly and have a very low sense of self-esteem.

Trait 11

The Other Laundry List

To protect ourselves from self punishment for failing to “save” the family we project our self hate onto others and punish them instead.

Flip Side of the Laundry List

We stop judging and condemning ourselves and discover a sense of self-worth.

Flip Side of the Other Laundry List

In accepting we were powerless as children to “save” our family we are able to release our self-hate and to stop punishing ourselves and others for not being enough.

Trait 11

Trait 11

Trait 12

Laundry List

We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings which we received from living with sick people who were never there emotionally for us.

Trait 12

The Other Laundry List

We “manage” the massive amount of deprivation we feel, coming from abandonment within the home, by quickly letting go of relationships that threaten our “independence” (not too close).

Flip Side of the Laundry List

Flip Side of the Other Laundry List

We grow in independence and are no longer terrified of abandonment. We have interdependent relationships with healthy people, not dependent relationships with people who are emotionally unavailable.

By accepting and reuniting with the inner child we are no longer threatened by intimacy, by the fear of being engulfed or made invisible.

Trait 12

Trait 13

Laundry List

Trait 12

Trait 13

The Other Laundry List

Alcoholism is a family disease and we became para-alcoholics and took on the characteristics of the disease even though we did not pick up the drink.	We refuse to admit we've been affected by family dysfunction or that there was dysfunction in the home or that we have internalized any of the family's destructive attitudes and behaviors.
Flip Side of the Laundry List	Flip Side of the Other Laundry List
The characteristics of alcoholism and para-alcoholism we have internalized are identified, acknowledged, and removed.	By acknowledging the reality of family dysfunction we no longer have to act as if nothing were wrong or keep denying that we are still unconsciously reacting to childhood harm and injury.

Trait 13

Trait 13

Trait 14

Laundry List

Para-alcoholics are reactors rather than actors.

Trait 14

The Other Laundry List

We act as if we are nothing like the dependent people who raised us.

Flip Side of the Laundry List

We are actors, not reactors.

Flip Side of the Other Laundry List

We stop denying and do something about our post-traumatic dependency on substances, people, places and things to distort and avoid reality.

Trait 14

Trait 14