

Hey,

I bet there are times when you feel really alone because of your parents' drinking. Maybe you think no one else's mom or dad drinks like yours, or that no one would understand how you feel. But I want you to know something important: **You are not alone.**

There are so many teens out there who feel the exact same way because they have a parent with an alcohol use disorder/alcohol problem too. I know this because I was one of them.

It's not easy. When I was your age, I felt that sinking feeling in my stomach every time my parents started drinking. I never knew what was going to happen next. I was afraid to tell anyone. I wondered why my family couldn't be "normal."

And I asked myself over and over: *Did I do something to make this happen?*

I didn't want my friends to know what was going on at home. I made excuses for why they couldn't come over because I never knew when things might spiral out of control. I felt embarrassed. I thought my family was **completely** different from everyone else's.

But when I got older, I met other people who had parents with alcohol use disorders too. And when we talked, I realized something huge: **so many of us went through the same confusing, painful things.** Some had it worse, some had it easier, but we all shared that same feeling—growing up in a home where alcohol took up too much space and caused a lot of chaos for us.

All those times I thought I was the only one?

I wasn't.

And neither are you.

If you want to learn more about alcohol use disorder and how it affects families, [click here](#). Understanding what's going on **is not about making excuses—it's about knowing it's not your fault.** And maybe, just maybe, that can help you feel a little less alone.

You matter. You're not alone in this!

With you,

Someone who's been there