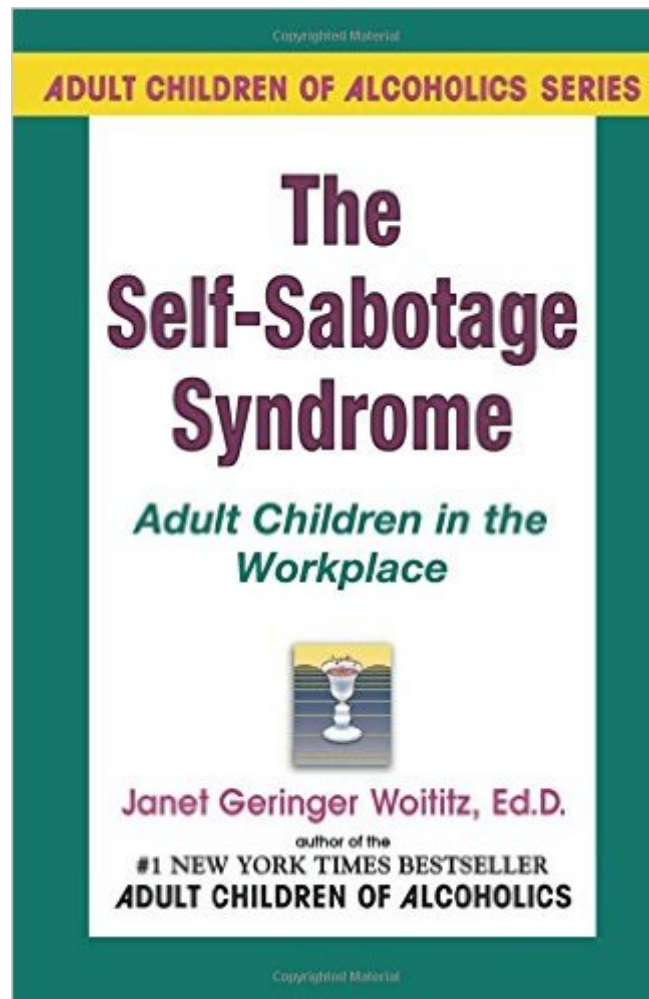


The book was found

# Self-Sabotage Syndrome: Adult Children In The Workplace



## Synopsis

Do you feel overwhelmed by your job? Are you so stressed on the job that you have headaches or stomachaches and can't sleep at night? Do you spend too much of your time thinking and talking about your job? Do you feel responsible for everything that goes wrong at work? Are you loyal to your boss and co-workers, even when they don't deserve it? Do you work well under pressure but have trouble completing long-term projects? Adult children of alcoholics are among any company's most productive and valuable employees -- dedicated, conscientious, capable and eager to please. But if you are an Adult Child and have answered "yes" to most of the questions above, you may be suffering from workaholism, burn-out or other work-related problems. This book shows you what to look for and how to make your worklife more satisfying and effective.

## Book Information

Paperback: 126 pages

Publisher: HCI (December 1, 1989)

Language: English

ISBN-10: 1558740503

ISBN-13: 978-1558740501

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #176,301 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics](#) #309 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #6381 in [Books > Religion & Spirituality > New Age & Spirituality](#)

## Customer Reviews

If you have been losing jobs despite working "very hard", and you are an ACoA, this is the book that will finally answer the big question of "why!" ACoA's, as explained succinctly yet in detail by Woititz, have ingrained patterns of behavior that result in problems on the job. We can identify these patterns, come to understand where they came from, and finally, do something to change them! This book gave me far more insight than years of counseling - Woititz truly knows the ACoA!

I cannot recommend this book enough. It is short, and quick to read/skim, but it helped me SO MUCH in identifying issues that I'm dealing with - and once I'm aware of the issue (and in my case,

how common my problems are among adults who grew up in instable circumstances) it helps me try to stop the behavior or my thinking. This is not only for children of alcoholics - my parents were not, though one grandparent was, and his drinking and behaviors, and his only child's anger and codependency, created enough of a stew to mess me up but good for 30+ years. Awareness is power, though, and now I can see where I'm acting out my childhood fear and insecurity at the office.

Even though the book refers to alcoholism, the symptoms and behaviors that Janet describe apply to all dysfunctional families. This is a must for not only individuals who have oppressive behaviors in their families and repeating conflicts in their lives, but also for employers to gain insights into possible dynamics that are occurring right under their noses. Knowing how to address these issues makes for a more successful business and loving family relationships.

Surprisingly enough, I found the information collected in the late '80s to be pertinent even during the current economic terrorism. Also, I like how it tied in the Laundry List traits of Adult Children to our work ethic.

From the moment I started to read this book, I was 'smacked in the face' by the relevance of this book in my life at this "exact juncture" !.I have just lost a job that I "loved", it was my "home away from home" (I actually used to say that...); my boss was my "best friend", I would do virtually ANYTHING to support and help him in the work place and in his failing personal life. I was terminated because his wife felt we were "too close" after two years of blind loyalty. Terminated ! No notice ! No severance ! Lost my job, my best friend, my source of income, my entire world/life.READ THIS BOOK IF YOU ARE AN ADULT CHILD !!! I wish I had read it before. I will not be the 'enabler' and the 'fall guy' the next time.I highly recommend this book to anyone that is an ADULT CHILD and find themselves without a job/sense of self/reason to live/purpose in life because the "job" and "your life" ARE NOT intertwined unless you allow them to be. I did not establish correct "boundries", and coincidentally, my previous "boss/best-friend" is an Adult Child also.I just ordered the book to be delivered to my previous boss/best friend. Hopefully he will learn from this book as well, and not follow the same patterns.

I cannot recommend books by the late Janet Woititz highly enough. She was a pioneer in her field and presents these topics in an extremely practical way that is easy to grasp and practice. There

are many, many self-help books, but only a few really good ones. Her books are in that category. I highly recommend all of her books and any books that she recommends in them as resources.

This book truly made me see a pattern I have been living over and over again in every single job I have had. It was partly upsetting because I could see the "bad" things that kept occurring at work were actually because of how I perceived things and the family setting I was re-living every day at my job but it was also freeing because now I know - I AM THE ONE IN CONTROL of how things affect me and that business IS just business and I can learn to not make things personal and take care of myself.

This book must be read by who had to grow up with either addictive parents or siblings. The behaviors you used to survive in an addictive environment will not serve you well in your adult life. This book is clear and concise by first describing the particular behavioral, social issues that cause self-Sabotage, then provides detailed steps to overcome self-sabotage. The premise of this book is, you relive your childhood over and over again at your place of work. Great and helpful read, I highly recommend it.

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