

Wounded Healers

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Anne Schaef says that when you treat addiction you need a group of your peers who understand from experience what you are going through. These people are Wounded Healers. Alice Miller always says that to heal from childhood trauma you need an Enlightened Witness who understands you. I needed both and I found someone in 1982 at a meeting of Alcoholics. Her name was Joan Roland, and she was my sponsor.

A Wounded Healer, who is also your Enlightened Witness, is someone you can trust and someone who has experienced her own addiction. She is someone who will read your journal and listen to your Fourth Step. She is someone who is patient and kind.

If you need you are a wounded healer or want to be one yourself, here is what you should look for.

1. Some kind of childhood trauma from which she is in the process of healing.
2. The ability to listen.
3. Positive feed back whether you want it or not.
4. The courage to confront you when necessary.
5. Sympathy with boundaries.
6. Every now and then the ability to read your mind because she is that intuitive.
7. Someone who will never give up on you.
8. Someone who is encouraging and hopeful.
9. Someone who mirrors back to you your inner beauty.
10. A non-judgmental person.
11. Someone who encourages you to forgive yourself and others who have hurt you.
12. A person who knows when to talk and when to listen.
13. Someone who will share her own story and shortcomings
14. A wise person who will witness your pain so you can see through her what you have been through. She will be like a mirror.
15. Someone who has worked the steps and will help you do the same.

Today I am a Wounded Healer and Enlightened Witness. I carry my message to fellow alcoholics and love addicts who suffer they way Joan and I had.

