

Anger toward alcoholic mom

Dear Annie: I have no one to go to about this. I feel so guilty for even saying this, but I hate my mom.

Both of my parents are alcoholics. Every time they drink, they don't know how to act, especially my mom. She is the worst type of drunk a person could be; she urinates on herself, and she yells. There have been times when she has tried to put her hands on me for hiding the alcohol from her. And just last week, on my 21st birthday, she dug her hand into the birthday cake my cousin had brought me and stole the money from the card. I could go on and on about how she acts when she's drinking. On top of this, she has her house's utility bills and cable bill in my name. The cable has been shut off.

When I was 16, I lost my after-school job and didn't work for a few months (but was in school). Now, five years later, she wants a chunk of every paycheck I get. I feel as if she should just keep her paychecks and I should keep mine



Annie Lane
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and we could go on with our lives.

Today really pushed me over the edge. She refused to give me a ride to work (with my car, which she has taken possession of even though I was the one making payments on it). I usually walk to work but had overslept (my fault, I know), so I was hoping she would do me a favor this once. She told me to walk or to ask my brother for a ride. Then she hung up on me. I called my brother, who lives at home still, and asked whether he could give me a ride. He said Mom refuses to give him the keys. Please tell me, isn't this messed up? Or maybe I'm crazy. But after today, I am done with my mom!

— Over This

Dear Over This: There are many issues to address here, but the most time-sensitive one is your finances. If your mother is using your Social Security number to open utility accounts at her house without your permission, she is committing fraud. The havoc she is wreak-

ing on your credit score could negatively impact you for years to come. Run a credit report so you can assess the damage. You're entitled to one free report a year. Visit <http://annualcreditreport.com> or call 877-322-8228. Then contact all the companies with which she's been accruing debt in your name, and dispute the charges. You can also report her actions to the Federal Trade Commission at <https://identitytheft.gov> and/or call the police and file a report.

I don't think you hate your mom. But you are bitterly angry with her. And that's not healthy. As Mark Twain said, "anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

To help find a way to let go of some of that anger, I strongly encourage you to attend a support group for family members of alcoholics, such as Al-Anon, LifeRing or SMART Recovery. I think you'd be amazed at how much better you feel simply by being in a room with people who have felt the same pain and frustration you're feeling.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). It might feel like you've said something a dozen times, but that's how many it takes to get people to listen even once. So keep repeating. Your message is worth it and will soon catch on.

TAURUS (April 20-May 20). People will connect with what's valuable to them. You increase your value, and you'll increase your connections. Just know that being useful also has its drawbacks. The useful get used.

GEMINI (May 21-June 21). Your environment is a huge factor in your success. Anything you can do to align your surroundings with your goals will give you a leg up. What needs to change? How can the environment nurture your desired direction?

CANCER (June 22-July 22). The reason the brook sings? It's the rocks. Take those out and the song goes with it. As for you, as long as you're finding a way around the obstacles, you're winning (and beautifully by the way.)

LEO (July 23-Aug. 22). The leader is the one who most owns the problem — who makes sure to get the result. This isn't always the one who is technically holding the title. Recognize who the true leader is and operations will go more smoothly for you.

VIRGO (Aug. 23-Sept. 22). Don't hurry. It only makes life go by faster than it needs to. Better to make a new arrangement and give yourself some wiggle room than to rush around.

LIBRA (Sept. 23-Oct. 23). Today's work looks harder than it is. You won't know the answer to all of the questions, but address the easy ones first and you'll get into the groove. Before you know it, you'll be nearing the finish.

SCORPIO (Oct. 24-Nov. 21). Change can be painful, exciting, joyous, scary, deeply fulfilling and all of that at once. Whatever feelings you might have about a change, they are not right or wrong, they are just yours.

SAGITTARIUS (Nov. 22-Dec. 21). Today's results reflect both your successes and mistakes. There's beauty in this. You'll appreciate how far you've come and see clearly where you need to go.

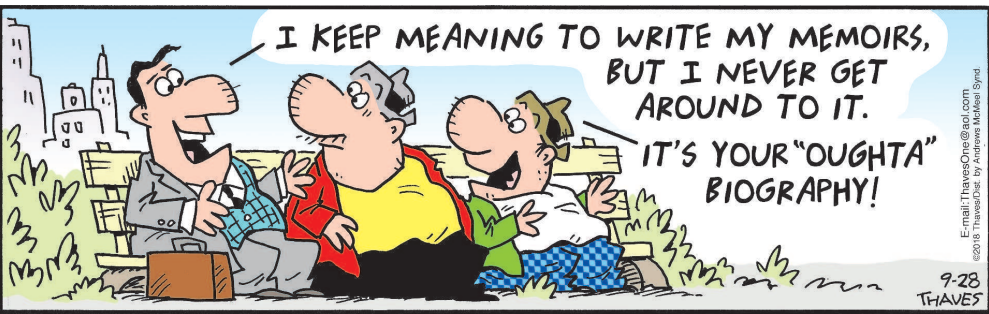
CAPRICORN (Dec. 22-Jan. 19). You'll improve your skills through a structured and scientific approach. Focus on getting the small things right and later you'll string them together for substantial growth.

AQUARIUS (Jan. 20-Feb. 18). You're like a spotlight in the world. You'll bring focus to the things that people really should take notice of, either because it will make them better and happier or because it's something that needs to be addressed.

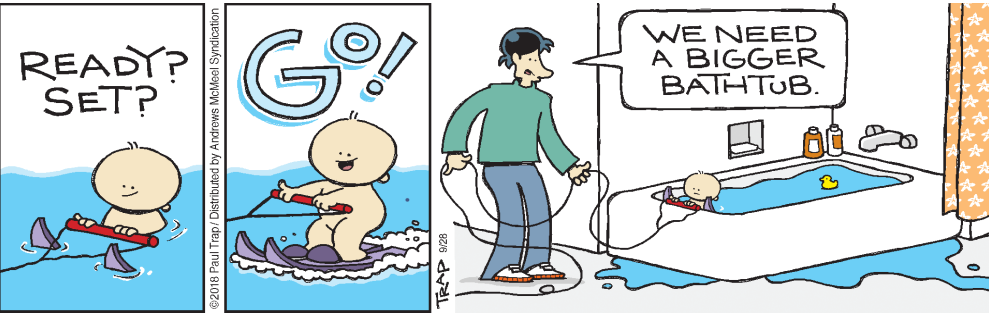
PISCES (Feb. 19-March 20). People around you will root you on. And yet, it is your competition that is more important to your success than any friend or supporter. No one will be quite as motivational as a formidable opponent.

TOMORROW'S BIRTHDAY (Sept. 29). You're attractive on all the levels. So who do you want to know? Your clarity of purpose brings them in and your people skills keep them there. More highlights: adding to your collection in a remarkable way, a come-uppance in a group that's important to how you think of yourself, and a settlement in your favor. Leo and Cancer adore you. Your lucky numbers are: 15, 5, 44, 31 and 28.

FRANK AND ERNEST



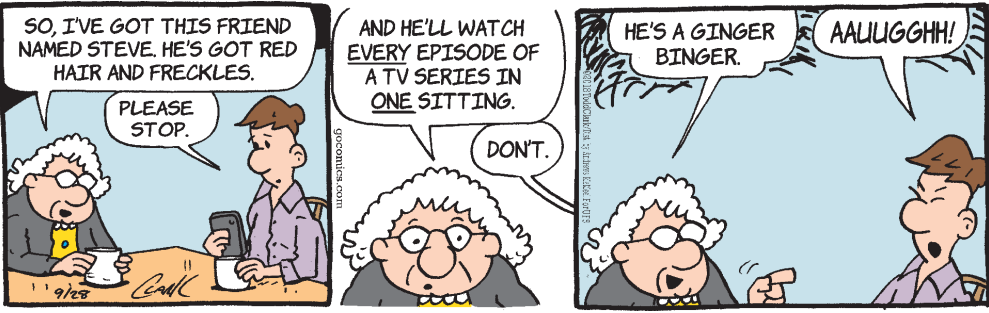
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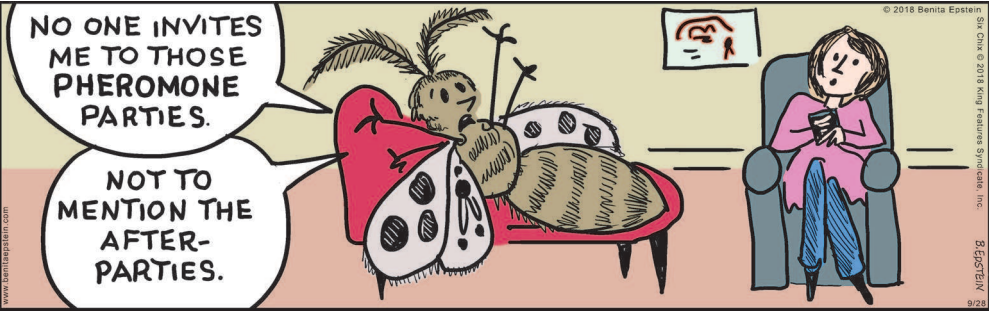
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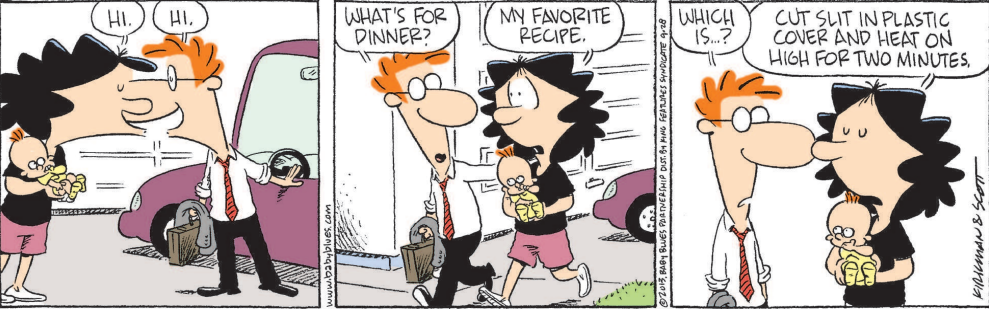
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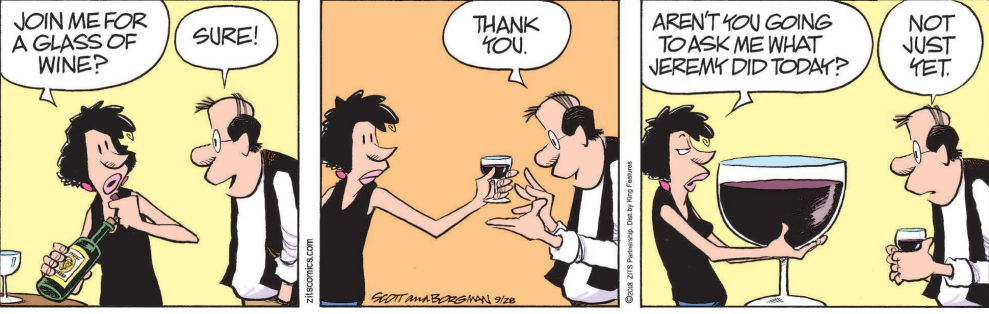
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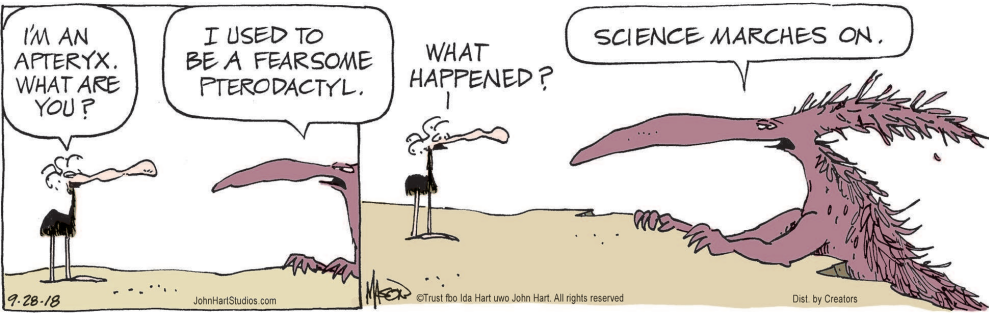
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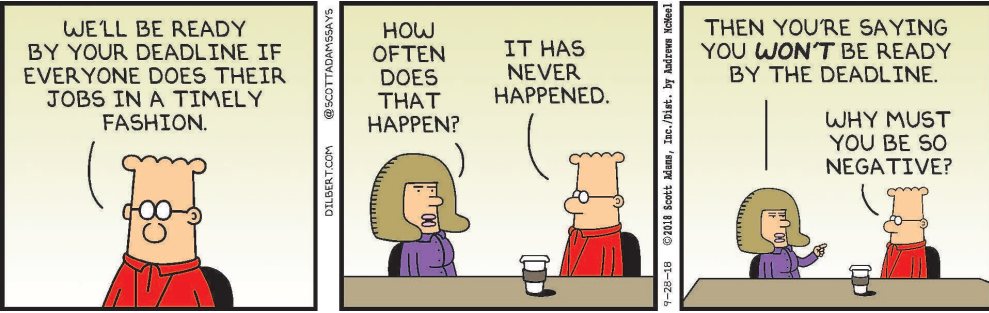
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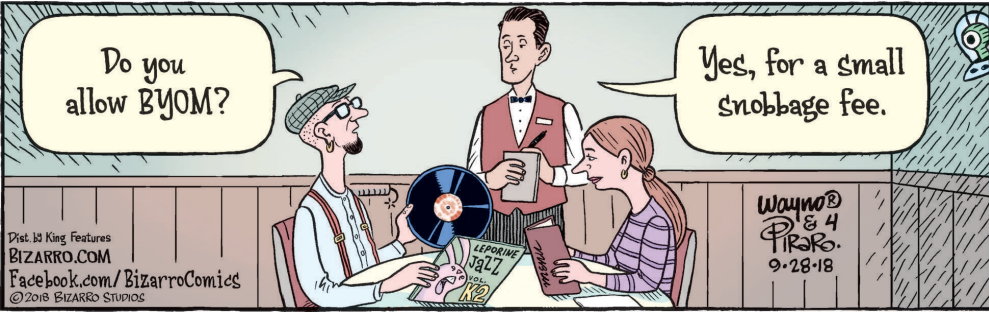
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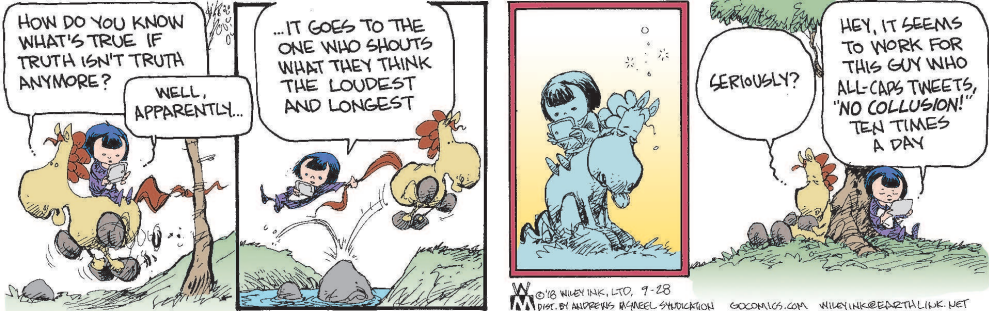
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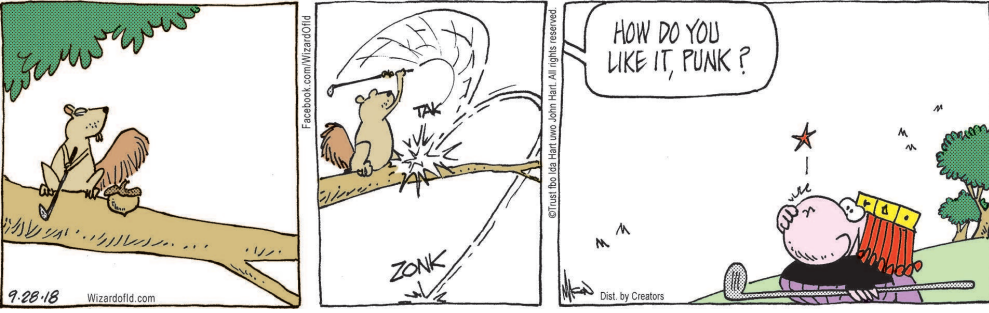
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