

## Nuggets

**Nuggets are encouragements for family members  
to keep in mind and use as affirmations over the long haul.**

### Encouragement from founder of PAL

*“We needn’t blame ourselves for not knowing what to do about an addicted loved one. There are no prep courses, no way to know exactly what to expect before it happens. But there is a curriculum for recovery. If we learn it, if we follow it, it works. There is hope. And it comes from educating ourselves.*

*When we focus on educating ourselves rather than changing the person who is using, it takes a lot of the pressure off everyone involved.*

*. . . . what now? This is where educating begins and where PAL can really help. There are others who have walked before you, some walking along with you, and others right behind. But we’re all on the same path.*

*Life is a marathon, not a sprint. We don’t learn instantly, we learn over time. It’s incremental learning. So we need to be patient with ourselves.”*

- Mike Speakman - founder of PAL in 2006

“What is PAL?” by Catherine Behan. September 23, 2013

### Nuggets:

#### Helpful sayings for the family

- This is a tough journey, but I’m not alone.  
- PAL Mom
- I’m picking my battles.
- This is a marathon - not a sprint.
- If nothing changes, nothing changes.  
- AA saying
- Resilience comes from coping with adversity.
- People don’t change when they see the light.  
They change when they feel the heat.
- I’m getting comfortable with silence.
- Less is best.
- I didn’t cause it. I can’t control it. I can’t cure it.  
But I don’t need to contribute to it. - Al-Anon saying
- Parents can give their children everything but common sense.
- When it comes to our children, every parent is blind.  
- Yiddish saying
- Sometimes it’s best to just listen and say nothing.
- I will get through this. I might not be the same, but I will get through this. I can become stronger. I can become healthier. I will get through this.
- Zero expectations but high hopes.
- Short-term pain for long-term gain.  
- AA saying
- If you don’t do the work, you don’t get better.  
- AA saying.
- I’m learning to bite my tongue.  
- PAL Mom
- Words are weak adversaries of drugs.  
- William L Fountain.
- Desperation is the prelude to surrender.  
- Marushka
- This too shall pass.
- Baby-steps
- He can’t stop using if I keep enabling.
- To a teenager, the word “NO” is an aphrodisiac.
- Enabling her recovery is just as detrimental as enabling her addiction.
- I need to stop trying to choreograph his recovery.
- Lord, put your arm around my shoulder and your hand over my mouth. - Sober Living Al-Anon