

Nuggets: These are some helpful *sayings* for family members to keep in mind and use as affirmations over the long haul.

"People don't change when they see the light, they change when they feel the heat"

"This is a marathon, not a sprint"

"The faintest ink is better than the best memory"

"Baby-steps"

"Sometimes it's best to just listen and saying nothing"

"Resilience comes from coping with adversity"

"This too, shall pass"

"I'm picking my battles"

"I'm getting comfortable with silence"

"Parents can give their children everything but common sense"

"When it comes to our children, every parent is blind" -Yiddish saying

"If you don't do the work, you don't get better" -AA saying

"Short-term pain for long-term gain" -AA Saying

"I'm learning to bite my tongue" -PAL Mom

"The answer to the mystery is always in the history"

"Words are weak adversaries of drugs" -William L. Fountain

"To a teenager, the word "NO" is an aphrodisiac"

"Desperation is the prelude to surrender" -Marushka

"If nothing changes, nothing changes" -AA saying

"I need to stop trying to *choreograph* his recovery"