

## Gems

**Gems convey the message that you see them  
as empowered adults - not as helpless children.**

Gems are helpful statements you can say, text or write to your loved one.

- *I love you. I will always love you. No matter what.*
- *I believe in you.*
- *I'm praying for you.*
- *I'm pulling for you.*
- *I know you're going to beat this problem.*
- *I know this is hard for you but I also know you will make it.*
- *I can see the changes you're working on. I'm proud of you. Change is hard. Good for you.*
- *I'm educating myself so we can have a healthier relationship.*
- *How can I help you help yourself?*
- *I hereby resign from my role as your rescuer.*
- *Instead of listening to your words, I prefer to watch your action.*
- *When you ask for help, I need time before I can respond. I need to think. I need to discuss it with others. I need to make decisions that are best for both me and for you.*
- *I'm not going to argue with you. Let's agree to disagree.*
- *I'm asking you to act your age instead of your urge.*
- *I'm learning the difference between growth pain and wasted pain.*
- *This is my home. It's not a detox center. It's not rehab. I'm not a counselor or a professional. I'm your mom.*
- *I will never detach from you. But I am detaching from certain problems of yours. I don't want to rob you of the self-esteem you get when you solve your own problems yourself.*
- *I love you. I do not like certain behaviors and attitudes of yours. But I do love you!*
- *You are a capable adult. I've treated you like a child for too long. Please forgive me.*
- *I love you unconditionally. But right now - my involvement in your life has conditions.*
- *I love you unconditionally. But my help for you is conditional. I won't make the mistake of giving you the kind of short-term help that ends up hurting you in the long term.*
- *I will always love you. I want to help you but for now my help will look different. It will include prayer, letters, words of encouragement, hugs or sharing a meal.*
- *It's important to keep in touch. At this time, I need to communicate through text, e-mail or letters. I prefer not to talk for now. Thanks.*
- *These boundaries are for me. They're not meant to offend you or hurt you. I am the one who needs this. I need boundaries in place to help me cope.*
- *If you ask me for help, but please be specific about your needs. I cannot read your mind, think for you, or anticipate your words and then try to offer what I think you need.*
- *How can I pray for you?*