



PARENTS OF
ADDICTED
LOVED ONES

WHAT THEY'RE SAYING ABOUT PAL

"If we're still doing the same thing once they come out of recovery, it's not going to help them" -Cynthia (IN), PAL parent and facilitator

Tina said her son's addiction began with alcohol and marijuana. As his addiction grew, so did his need for money. She knew she'd found the right group when she asked the group,

"DOES ANYBODY HERE SLEEP WITH YOUR PURSE?"

"Everybody was nodding and knowing what I was talking about. When I saw that I knew we were in the right place."

-Tina (KY), PAL parent

"I just felt so **ALONE**. It was really **DEVASTATING**. What I've **LEARNED** is there is only a certain amount of **CONTROL** (you have) and by heaping more guilt on my son, I wasn't helping the situation.

One thing I **LIKE ABOUT PAL** is that it **FOCUSES** on **PARENTS**, and there is a strong **EDUCATIONAL COMPONENT**.

I'm also a registered nurse, so I know about educating patients and families."

-Evelyn (NY), PAL parent

"It is important for parents to realize

THEY DID NOT CAUSE THEIR CHILD'S ADDICTION

any more than they caused a condition like asthma or diabetes. Yet once they realize their child suffers from addiction, they can learn how best to help -- just like with any other ailment"



-Michael Speakman, PAL founder

"The HARDEST PART IS WALKING THROUGH THE DOOR FOR THE FIRST TIME AND BELIEVING THAT YOUR PROBLEMS ARE SO HORRIFIC, SO AWFUL, THAT NOBODY ELSE HAS THE SAME PROBLEMS THAT YOU DO. The shame involved in even saying those things out loud, and the things you can't say to your friends because they're just clueless about how to respond."

-Joyce (AZ), PAL parent and facilitator

"YOUR KID IS MAKING THEIR OWN CHOICES. YOU'RE NOT RESPONSIBLE FOR THAT.

If you don't set healthy boundaries to tell your kid 'I'm not going to rescue you from the choices you are making,' that kid is never going to get well...A healthy boundary lets your child know 'I love you, but you're responsible for your decisions. I'm not.'"

-Jerry (AZ), PAL parent

"It's a really relaxed atmosphere where everyone offers support and encouragement to one another as they make positive changes.

NOT ONLY DOES THIS HELP THE PARENT.

As parents change themselves and how they interact with their child, the child is more inclined to admit to a problem and seek help. It doesn't always happen but it is our hope."

-Michael Speakman, PAL founder

One of the **PROMISES OF PAL** is — if **WE GET BETTER**, it **GIVES HOPE** to our loved ones and that may in turn help them. At weekly meetings many parents show up for the first time looking like the 'deer in the headlights' - Lost, desperate and hopeless.

Like us, they carry massive guilt, shame, certain they are not only the cause of their loved ones addiction — they are the worst parents on the planet.

Their children's addiction has taken its toll on them...It is not uncommon for a parent to say they would give up their own life for their loved one if they knew it would save them. They are willing to die for their children, at which point the question is asked, 'Are you willing to live for them?'"

-Jan (AZ), PAL parent & facilitator

PAL MEETINGS TAKE PLACE IN OVER 35 STATES!

Please contact Melanie Allen at 602-730-2921 or melanie@palgroup.org to arrange interviews with parents in your area who have benefitted from PAL.