



# Family Education Program

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We would like to extend a warm welcome to all family members and friends. Please let us know if we can be of assistance to you in any way.

Cathy Palm.....Executive Director  
Dr. Gregory Serfer.....Medical Director  
Kenneth Smith.....Clinical Director  
Shelby Danzey..... Family Counselor

# LETTING GO TAKES LOVE

To let go does not mean to stop caring, it means  
I cannot do it for someone else.

To let go is not to cut myself off, it's the realization that  
I cannot control another.

To let go is not to enable, but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another, it's to make the most of myself.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another to be a human being.

To let go is not to be in the middle of arranging all the outcomes, but  
to allow others to affect their own destinies.

To let go is not to be protective, it is to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold or argue, but instead to  
search out my own shortcomings and correct them.

To let go is not to adjust everything to my desires, but to  
take each day as it comes and to cherish myself in it.

To let go is not to criticize or regulate anybody, but to try to  
become what I dream I can be.

To let go is not to regret the past, but to  
grow and live for the future.

To let go is to fear less and to love more...



## **FAMILY TREATMENT RECOMMENDATIONS**

- 1) Understand that substance use disorders are a neurological disease that do not go away with abstinence.
- 2) Realize that confrontation and conflict will only escalate the symptoms (the higher the stress levels, the worse the symptoms)
- 3) Recognize and treat co-dependency.
- 4) Become involved in Al-Anon and/or your own personal and family therapy, and develop a plan for your own recovery.
- 5) Learn to protect yourself from the stress that may be generated by the symptoms of post-acute withdrawal experienced by the person with a substance use disorder.
- 6) Cooperate in plans to protect the recovering person from stress created by symptoms of co-dependency.
- 7) Be patient with your own recovery and the recovery of the person suffering from a substance use disorder. This illness did not occur overnight, and recovery will take place over a long period of time.
- 8) Give the person with a substance use disorder room to recover; be patient.
- 9) Acknowledge and discuss PAWS (Post-Acute Withdrawal Syndrome)

The most common symptoms of PAWS are:

- Mood Swings
  - Anxiety
  - Irritability
  - Tiredness
  - Low Enthusiasm
  - Inability to concentrate
  - Disturbed sleep
- 10) Involve the person with substance use disorder in understanding the family disease and its symptoms.
  - 11) Develop a formal relapse plan for the both the family member with the substance use disorder and the co-dependent.

## GOING HOME – RECOVERY FOR THE FAMILY

- 1) Attend Al-Anon regularly (preferably as often as possible).
- 2) Build your sober support system. From your very first meeting, ask to exchange phone numbers with more experienced Al-Anon members and begin to reach out. Asking someone to be your sponsor within the first few months is essential to your recovery.
- 3) **DO NOT** be responsible for taking the person with a substance use disorder to AA or NA meetings. With your loved one's permission, you may attend an open meeting. **DO NOT** call your loved one's sponsor.
- 4) Should relapse occur, call Tully Hill and your Al-Anon contacts.  
**DO NOT REACT; DO NOTHING.**
- 5) Remove all ALCOHOL and PILLS from the home. This includes "over-the-counter" remedies, such as cough medicine and cold capsules.
- 6) **DO NOT BRING UP THE PAST.** Bring feelings about the past to the Family conference and to and outside family therapist. (Example: I really cannot trust him/her/them anymore).
- 7) Do not expect yourself or the person with a substance use disorder to instantly recover from emotional trauma. It takes three to five years to recover emotionally.
- 8) Community support is essential to recovery. At first, the person with a substance use disorder needs consistent involvement in AA.
- 9) Look at your own use of alcohol and pills. Talk to your counselor if you or anyone close to you are concerned about your use of substances.
- 10) Learn the three C's. **CAN'T CAUSE IT...CAN'T CURE IT...CAN'T CONTROL IT...** You cannot make the person suffering for a substance use disorder drink, drug or not drink or drug. It is up to them to take responsibility for their own disease.
- 11) Talk about yourself. Work on your program of recovery to make your own life better. Sometimes detachment is necessary – "Giving up control and caring for oneself."

## **7 WARNING SIGNS YOU ARE HEADING FOR A RELAPSE**

The sad truth is that many people who try to recover from an alcohol use disorder, opioid use disorder, or other substance use disorders have difficulty staying in recovery. Although relapse may be common, rarely does it occur without warning. There are usually significant behaviors that can signal that the recovering person is at high risk for relapse. It is critical for anyone in recovery to understand these warning signs.

First, it is important to understand triggers. Triggers are things that tend to lead someone with a substance use disorder back to their drug of choice. A trigger can be a person, a place, certain types of events, or unresolved psychiatric issues, such as depression or anxiety. When a person undergoes substance use disorder treatment, their therapist will help them understand the things that could trigger relapse. Common triggers include old friends who still abuse substances and significant stressors, such as job or relationship problems. Some people in recovery will try to revisit their old haunts without the conscious intention of drinking or using drugs; they will claim they just miss their old friends. This is rarely a good idea in recovery.

**Here are seven warning signs of relapse.**

### **1. You Stop Doing What You Need to Do to Stay Abstinent**

The most common signs of relapse is when someone in recovery stops going to 12-step meetings. They will make excuses: they don't like the fact people pray or everyone talks too much about their past substance abuse. Most people who stay in recovery maintain some sort of connection to the community and 12-step programs, even if it's only a weekly meeting. Meetings provide community support and continually remind those in recovery how far they have come and the consequences of relapse.

### **2. You Start Romanticizing the Days When You Were Abusing Substances**

This might take the form of remembering only the good times when someone was drinking or experimenting with drugs. Most people who abuse substances experienced a time during which they had few consequences for their substance abuse. They may even have had fun. However, it is important to remember that those "good times" were long gone by the time they started their recovery journey. At some point everyone with a substance use disorder becomes dependent on their drug of choice causing the consequences to pile up. If you find yourself smiling about the "good times," and

conveniently forgetting the misery of your later drug or alcohol use, this is a strong warning sign that you are heading for a relapse.

### **3. You Start Acting the Way You Did When Using: Selfish and Moody**

Sometimes exhibiting the behavioral tendencies of someone who is abusing substances without actually consuming drugs or alcohol is called being “dry drunk.” In recovery, people with substance use disorders attempt to change their attitudes. They learn that they might have a tendency to personalize things and overreact. They may discover that they have a low tolerance for frustration, and can get rather ornery if they don't get what they want, when they want it. They often view themselves as the focus of everything. For example, if someone doesn't smile at them, they take it personally. Another example would be, if someone else gets a promotion, it says something bad about their work.

If you have been working on correcting this behavior then start to see it reappear, this is a warning sign.

### **4. You Start Thinking That Maybe Just One Drink or One Pill Wouldn't Hurt**

If you find you are talking yourself into “just one,” this is one of the most obvious signs of an impending relapse. Those in recovery know full well the consequences of substance use, so the first step in using again is to somehow convince themselves that it wasn't that bad, or that they have “changed” and won't have the same issues this time around. The rule of thumb is that those who relapse pick up right where they left off. It might take a few days or weeks, but eventually those with a history of substance abuse will rapidly be return to the same place they were when they last quit drinking or using drugs.

### **5. You Begin Seeking Out Old Friends From Your Substance-Abusing Days**

You might excuse this as just trying to find out how old friends are doing, but if you start seeking out old drinking buddies or people who shared your interest in using drugs, you are heading into dangerous territory.

### **6. You Slowly Remove All the Elements from Your Life That Keep You Anchored and Balanced**

Maybe you stop keeping your journal, stop calling healthy friends, and quit that daily walk that always helped you clear your head. You have probably already stopped doing the things that are important for sobriety, but now you are removing things that keep you calm and centered. You might say you are getting lazy, and your life is likely

getting more chaotic and stressful. You might also notice you are slipping back into old deceptive patterns; you might start lying to loved ones to keep them from challenging you. You are not taking care of your emotional, spiritual, and physical health.

## **7. You Are Extremely Defensive When Anyone Brings Up the Changes in Your Behavior and Attitude**

This feeling will be familiar: it's the same feeling you had when you first were encouraged to get sober and wanted everyone to mind their own business. This behavior is denial crossed with an unhealthy self-righteous attitude. It can be very uncomfortable when others begin to notice movement back toward a way of living that made you and most people around you miserable. This is a strong indicator that you are relapsing into behavior characteristic of someone who is abusing substances and is determined to get that drink or drug. For some, this can be the ultimate point of no return: you either wake up and change direction, or end up taking that inevitable first drink or drug.

There is always a way back from this compulsion to return to old habits. The important thing is to recognize it's happening and be honest about your attitudes and behaviors. Many times those in recovery have heard stories where someone says, "I don't understand; I just suddenly heard myself ordering a drink or calling my dealer."

**In truth, if that person looked back over the past few weeks and months, they would see this was the natural result of a progression toward relapse.**

**The sooner you catch yourself slipping back into old behaviors, the better chance you have of seeking help.**





# CODEPENDENCY TEST

Codependency is a very common characteristic in the relationships of someone with substance use disorder. This test is designed to help you identify the degree to which your unhealthy codependent behavior is contributing to the problems in your relationship with someone who is experiencing a substance use disorder. In relationships involving substance use disorder, this usually leads to enabling of the affected persons drinking or drugging behavior.

- Do you tend to believe your loved ones promises, despite broken promises?
- Do you find yourself making excuses for your loved one?
- Do you give money to your loved one to pay bills they should be paying for themselves?
- Do you often feel lonely?
- Do you avoid confronting your loved one with a substance use disorder?
- Do you try to fix your loved ones problems even if they do not ask for help?
- Do you have trouble saying no to your loved one without feeling guilty?
- Do you find yourself spying on your loved one?
- Is much of your time spent helping people who need you?
- Do you need to feel needed?
- Do you feel upset or angry if your loved one tells you they don't want your help?
- Has anyone repeatedly told you to stop trying to help them?
- Do you feel responsible for your loved ones actions?
- Do you lose sleep worrying about your loved one?
- Do you ever remind your loved one that they need you?
- Do you believe you are obligated to help your loved one?
- Do you suppress your feelings about your loved ones behavior until eventually you explode with anger?
- Do you sometimes feel that your substance abuser's drug or alcohol use is your fault?
- Do you enable your loved ones substance abuse behavior?
- Do you ever feel ashamed of your loved one?
- Do you often give advice, even when it is not requested?

**What did I learn about myself when answering these questions?**

# COMMON BEHAVIORS IN FAMILIES WITH SUBSTANCE USE DISORDER

- **Denial** - The term "denial" refers to the process by which people with substance use disorder pretend (to themselves and/or to other people) that they do not have an addiction, when in fact they do, or that their addictive behavior is not problematic, when in fact it is.
- **Minimization** - reduce (something, especially something unwanted or unpleasant) to the smallest possible amount or degree. Synonym: play down.
- **Rationalization** – The action of attempting to explain or justify behavior or an attitude with logical reasons, even if these are not appropriate.
- **Enabling** – give (someone or something) the authority or means to do something. Synonyms: allow, permit.
- **Rescuing** – save, protect (someone) from the natural consequences of their actions.
- **Caretaking** – overly empathetic, self-sacrificing, putting others needs before your own
- **Controlling** – is a person who attempts to dictate how everything is done around them. They are often perfectionists. Has the need to control others behavior.
- **Manipulation** – to influence or control shrewdly or deviously, to tamper with or falsify for personal gain.
- **Blaming** – assign responsibility for a fault or wrong. Blaming others for your actions.
- **Guilt** – make (someone) feel guilty, in order to induce them to do something.
- **Walking on Eggshells** – to try very hard not to upset someone or something. Very diplomatic and inoffensive.
- **Feeling like a Victim** – an acquired (learned) personality trait. Person tends to regard himself/herself as a victim of the negative actions of others.
- **Role Reversal** – a person adopts a role that they normally do not have (e.g. child takes care of an alcoholic parent).
- **Accepting Unacceptable Behavior** – automatically accepting unacceptable behavior from others, even though your gut tells you otherwise.
- **Isolation** – complete or near complete lack of contact with people and social settings.

## HOW DO YOU FORGIVE AN ADDICT?

While the process of forgiveness may seem difficult in the face of everything you've been through, it is a vital step for recovery. The addict must learn to forgive themselves in order to heal, and we must learn to forgive the addict in order to move past the fear, anger, and resentment that can keep us stuck.

**To understand what forgiveness is, let's first talk about what forgiveness is not:**

- **Forgiveness is not excusing or accepting bad behavior.**
- **Forgiveness is not denying your anger or suppressing emotions.**
- **Forgiveness is not eliminating consequences.**
- **Forgiveness is not reconciliation.**
- **Forgiveness is not letting people off the hook.**

The addict in your life likely did many things that caused physical, emotional, and financial damage. Even if he or she finally accepts help for their addiction a dark cloud can loom overhead. You might be holding onto bitter feelings, and these toxic emotions will affect your ability to have a full and healthy life.

You don't have to forget about what has happened. You can learn the lessons available and grow stronger. You can start to set boundaries and hold to them. The truth about forgiveness is that it's a selfish act, (selfish in a positive sense). It is letting go of the anger inside of your own heart, and allowing yourself to move past the pain in order to find inner peace.

When you are hurt by somebody you might attempt to hang on to that pain. You don't want to let it go because you want to show that person how much you're suffering. You want them to feel as badly as you do. The hurt can turn into anger. After time, the anger turns into resentment. You are then walking around consumed by all of these horrible feelings. You are allowing an outside force to dictate how you feel within your own skin. By holding on and not forgiving, you are only hurting yourself.

The more you learn about and understand addiction, the easier it becomes to forgive. It's sad to think of what a prisoner an addict really is. To not have control over one's own actions must be frightening. The guilt that gets carried around due to those actions must be overwhelming. They are hurting themselves far more than anybody else around them. Seeing them from empathetic eyes rather than angry eyes can help you to forgive.

Forgiveness is not a physical action -- it is a state of mind. Not only can forgiveness help your emotional health, but forgiveness is good for your physical health as well. Studies have shown that working through forgiveness can lower blood pressure and lower incidents of heart disease. People who regularly practice forgiveness also have lower rates of depression and anxiety.

So how is 'not forgiving' affecting you? Are you ready to let go of the past and work on forgiveness? If so, here are some tips for moving through the process:

1. **Make an effort to work on forgiving.** You have the power to let go of negative emotions. You make the choices for your future, so choose a healthy new path that includes forgiveness.

2. **Educate yourself to understand addiction.** Understanding does not mean accepting, but viewing things from the addict's perspective can help you to forgive. The addict is not trying to hurt you, their actions are simply side-effects of addiction.

3. **Find your lessons.** What have these circumstances taught you about life? How will you be a better person as a result? When we can step back and reflect on what our experiences are teaching us, we can learn to appreciate the personal growth and wisdom that accompany them.

4. **Don't hold out for the addict to apologize or make amends.** Remember that forgiveness is a process that you should be doing for your own emotional and physical health. The addict may still be struggling. He or she may not be capable of making their own healthy choices at this time. By moving forward with forgiveness you can set a positive example for healthy change.

5. **Give yourself time.** Just as physical wounds take time to heal, so do emotional wounds. If you are struggling with the idea of forgiveness, maybe the pain is still too fresh. Anger can actually be a healthy emotion as long as it doesn't settle for too long. Be cautious not to allow anger to turn into resentment, fear, and/or depression. These emotions can negatively affect your well-being.

6. **Seek help.** I encourage you to turn to a counselor or therapist, a codependency support group, a clergy from your church, or a good friend (one who will not place judgment or blame). There are also many books on the topic of forgiveness that can help you with the process.

7. **Don't keep score.** After months or years of struggling, an addict can build up quite a list of negative behaviors, legal problems, debts, failed relationships, lost jobs, and the list goes on and on. If the addict is working on recovery, clean the slate. You don't have to forget, but if you're constantly reminding the addict of

past mistakes the burden and guilt can hold them back from their own recovery.

8. **Only tell the addict if you choose.** You do not have to say the words I forgive you out loud. When you truly reach forgiveness in your heart, and you release all of the negative emotions involved, you will have successfully completed the process of forgiveness. It is up to you when and if you ever say the words.

9. **Forgive yourself.** Just as it's important to forgive other people, it is especially important to forgive yourself. So you have not always made the right choices. Who has? Maybe you screamed at the addict in front your kids -- forgive yourself. You got down in the dumps and ate a whole gallon of Rocky Road ice cream -- forgive yourself. You made an internal promise that you wouldn't give the addict money next time he or she demanded, but you gave in and handed them \$40 -- forgive yourself. You are in a bad situation. Forgive yourself and decide that the next time around you will handle things in a healthier way.

10. **Breathe.** Working through negative emotions in order to reach forgiveness can take a toll. If you find yourself feeling anxious, or holding onto a knot in your stomach, try focusing on your breathing. Slowly take in five to ten deep breaths. As you exhale, imagine all of your anxiety exiting out and blowing away. It seems like such a simple exercise, yet it really helps.

By letting go of your past you are free to move into a brighter future. Set goals. Allow yourself to dream. Start creating a vision of what you want for your future, and then begin moving toward that vision.

Forgiveness is a journey, so don't put unrealistic expectations on yourself. The more disappointment, fear, and struggle you've been through, the longer your journey may take. But no matter how bad your circumstances have been, I urge you to work on forgiveness. You deserve to free yourself from the bondage of past pain.

Author: Anonymous

# SAFE COPING SKILLS

From *Seeking Safety: Cognitive-Behavioral Therapy for PTSD and Substance Abuse*  
by Lisa M. Najavits, Ph.D.

1. **Ask for help** – Reach out to someone safe.
2. **Inspire yourself** – Carry something positive (e.g., poem) or negative (photo of friend who passed)
3. **Leave a bad scene** – When things go wrong, get out.
4. **Persist** – Never, never, never, never, never, never, never, never, never, never give up.
5. **Honesty** – Secrets and lying are at the core of PTSD and substance abuse; honesty heals.
6. **Cry** – Let yourself cry; it will not last forever.
7. **Choose self-respect** – Choose whatever will make you like yourself tomorrow.
8. **Take good care of your body** – Eat right, exercise, sleep, safe sex.
9. **List your options** – In any situation, you have choices.
10. **Creating meaning** – Remind yourself what you are living for: your children? Love? Truth?
11. **Do the best you can with what you have** – Make the most of available opportunities.
12. **Set a boundary** – Say “NO” to protect yourself.
13. **Compassion** – Listen to yourself with respect and care.
14. **When in doubt, do what is hardest** – The most difficult path is invariably the right one.
15. **Talk yourself through it** – Self-talk helps in difficult times.
16. **Imagine** – Create a mental picture that helps you feel different (e.g., remember a safe time)
17. **Notice the choice point** – In slow motion, notice the moment when you chose a substance.
18. **Pace yourself** – If overwhelmed, go slower; if stagnant, go faster.
19. **Stay safe** – Do whatever you need to put your safety above all.
20. **Seek understanding, not blame** – Listen to your behavior; blaming prevents growth.
21. **If one way does not work, try another** – As if in a maze, turn a corner and try a new path.
22. **Link PTSD and substance abuse** – Recognize substances as an attempt to self-medicate.
23. **Alone is better than a bad relationship** – People who are receiving help are safe for now.
24. **Create a new story** – You are the author of your life; be the hero who overcomes adversity.
25. **Avoid avoidable suffering** – Prevent bad situations in advance.
26. **Ask others** – Ask others if your belief is accurate.
27. **Get organized** – You will feel more in control with lists, “to do’s” and a clean house.
28. **Watch for danger signs** – Face a problem before it becomes huge; notice red flags.
29. **Healing above all** – Focus on what matters.
30. **Try something, anything** – A good plan today is better than a perfect one tomorrow.
31. **Discovery** – Find out whether your assumption is true rather than staying “in your head”.
32. **Attend treatment** – AA, self-help, therapy, medications, groups – anything that keeps you going.
33. **Create a buffer** – Put something between you and danger (e.g., time, distance).
34. **Say what you really think** – You will feel closer to others (but only do this with safe people)
35. **Listen to your needs** – No more neglect – really hear what you need.
36. **Move toward your opposite** – For example, if you are too dependent, try being more independent.
37. **Replay the scene** – Review a negative event; what can you do differently next time?
38. **Notice the cost** – What is the price of substance abuse in your life?
39. **Structure your day** – A productive schedule keeps you on track and connected to the world.
40. **Set an action plan** – Be specific, set a deadline, and let others know about it.
41. **Protect yourself** – Put up a shield against destructive people, bad environments, and substances.
42. **Soothing talk** – Talk to yourself very gently (as if to a friend or small child).

43. **Think of the consequences** – Really see the impact for tomorrow, next week, next year.
44. **Trust the process** – Just keep moving forward; the only way out is through.
45. **Work the material** – The more you practice and participate, the quicker the healing.
46. **Integrate the split self** – Accept all sides of yourself- they are there for a reason.
47. **Expect growth to feel uncomfortable** – If it feels awkward or difficult you're doing it right.
48. **Replace destructive activities** – eat candy instead of getting high.
49. **Pretend you like yourself** – See how different the day feels.
50. **Focus on now** – Do what you can to make today better; do not get overwhelmed by the past/future.
51. **Praise yourself** – Notice what you did right; this is the most powerful method of growth.
52. **Observe repeating patterns** – Try to notice and understand your re-enactments.
53. **Self-nurture** – Do something that you enjoy (e.g., take a walk, see a movie).
54. **Practice delay** – If you cannot totally prevent a self-destructive act, at least delay it.
55. **Let go of destructive relationships** – If it cannot be fixed, detach.
56. **Take responsibility** – Take an active, not a passive, approach.
57. **Set a deadline** – Make it happen by setting a date.
58. **Make a commitment** – Promise yourself to do what is right to help your recovery.
59. **Rethink** – Think in a way that helps you feel better.
60. **Detach from emotional pain (grounding)** – Distract, walk away, change the channel.
61. **Learn from experience** – Seek wisdom that can help you next time.
62. **Solve the problem** – Do not take it personally when things go wrong – try to seek a solution.
63. **Use kinder language** – Make your language less harsh.
64. **Examine the evidence** – Evaluate both sides of the picture.
65. **Plan it out** – Take the time to think ahead – it is the opposite of impulsivity.
66. **Identify the belief** – For example, shoulds, deprivation reasoning.
67. **Reward yourself** – Find a healthy way to celebrate anything you do right.
68. **Create new “tapes”** – Literally! Take a tape recorder and record a new way of thinking.
69. **Find rules to live by** – Remember a phrase that works for you (e.g., “Stay real”).
70. **Setbacks are not failures** – A setback is just a setback, nothing more.
71. **Tolerate the feeling** – “No feeling is final”, just get through it safely.
72. **Actions first and feelings will follow** – Do not wait until you feel motivated; just start **NOW**.
73. **Create positive addictions** – Sports, hobbies, AA...
74. **When in doubt, don't** – If you suspect danger, stay away.
75. **Fight the trigger** – Take an active approach to protect yourself.
76. **Notice the source** – Before you accept criticism or advice, notice who is telling it to you.
77. **Make a decision** – If you are stuck, try choosing the best solution you can right now; do **NOT** wait.
78. **Do the right thing** – Do what you know will help you, even if you don't feel like it.
79. **Go to a meeting** – Feet first; just get there and let the rest happen.
80. **Protect your body from HIV** – This is truly a life-or-death issue.
81. **Prioritize healing** – Make healing your most urgent and important goal, above all else.
82. **Reach for community resources** – Lean on them! They can be a source of great support.
83. **Get others to support your recovery** – Tell people what you need.
84. **Notice what you can control** – List the aspects of your life you do control – Yourself and your choices.

**YOU CAN DO IT!**

# SUGGESTED FAMILY READING LIST

**Alcoholics Anonymous** – AA Worldwide Services, Inc.

**Narcotics Anonymous** – NA World Services, Inc.

**John Bradshaw**

Bradshaw on Families  
Healing the Shame that Binds You  
Creating Healthy Relationships  
Family Secrets – The Path to Self

**Melody Beattie**

Co-dependent No More  
The New Co-dependency  
Finding Your Way Home  
Making Miracles in Forty Days  
Playing It By Heart:  
    Taking Care of Yourself No Matter What  
    No Matter What

**Janet Woititz**

Adult Children of Alcoholics  
The Self Sabotage Syndrome  
Healthy Parenting  
Life- Skills for Adult Children

**Claudia Black**

It Will Never Happen to Me  
Changing Course  
My Dad Loves Me, My Dad Has a Disease  
Straight Talk

**Suggested Daily Readings**

One Day at a Time – Comp Care  
Courage to Change – Al-anon Family Group Headquarters  
Daily Affirmations –Health Communications  
Each Day a New Beginning – Hazelden  
Meditations for Women Who Do Too Much – Wilson-Schael  
This New Day – Quotidian  
Twenty-Four Hours a Day for Everyone - Hazelden

*We hope you have found this information helpful, please reach out with any questions.*