

## **PAL Testimonials**

***Please contact PAL's Executive Director, Kim Humphrey at 623-297-2503 or [director@palgroup.org](mailto:director@palgroup.org) to arrange interviews with parents in your area who have benefitted from PAL. Here are some testimonials from around the country.***

"Adult children make their own choices and we're not responsible for that. If we don't set healthy boundaries and say 'We're not going to rescue you from the consequences of your choices,' our adult children won't get well. A healthy boundary lets them know 'I love you, but you're responsible for your decisions and their consequences. Not me.'"

- ***A PAL parent***

"If we're still doing the same thing once they come out of recovery, it's not going to help them in the long term."

- ***PAL parent and facilitator Cynthia, IN***

"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."

- ***PAL parent, Evelyn, NY***

"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."

- ***PAL parent and facilitator Joyce, AZ***

"(I asked) does anybody here sleep with your purse? And (when I got) everybody nodding and knowing what we were talking about and when I saw that, I knew we were in the right place."

- ***PAL parent Tina, KY***

"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 one’s addiction — they are the worst parents on the planet. Sadly, their children’s addiction has taken its toll on them, from heart attacks, depression, and a myriad of other health issues. Parents are so devastated some have said they don’t want to go on in life. They feel they cannot handle the pressures and their desire to ‘help,’ their addicted loved one has continually backfired to the point they give up hope. 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?’”

- ***PAL parent & facilitator Jan, AZ***

“People are overdosing in bathrooms. If I couldn’t save my son, maybe I can save someone else’s.”

- ***Parent and PAL facilitator Kim, IN***

“Your kid is making his 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.’”

- ***PAL parent Jerry, AZ***

“If you have an adolescent son or daughter with an addiction problem you may still have some control over their actions. You may still win at the *negotiation table*, the place where your life and their life collides. But, when your child turns 18 everything changes. Now, you lose at that table every time, even when it looks like you’re winning.”

- ***PAL founder MichaelSpeakman***

“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.”

- ***PAL founder MichaelSpeakman***

“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.

- ***PAL founder MichaelSpeakman***