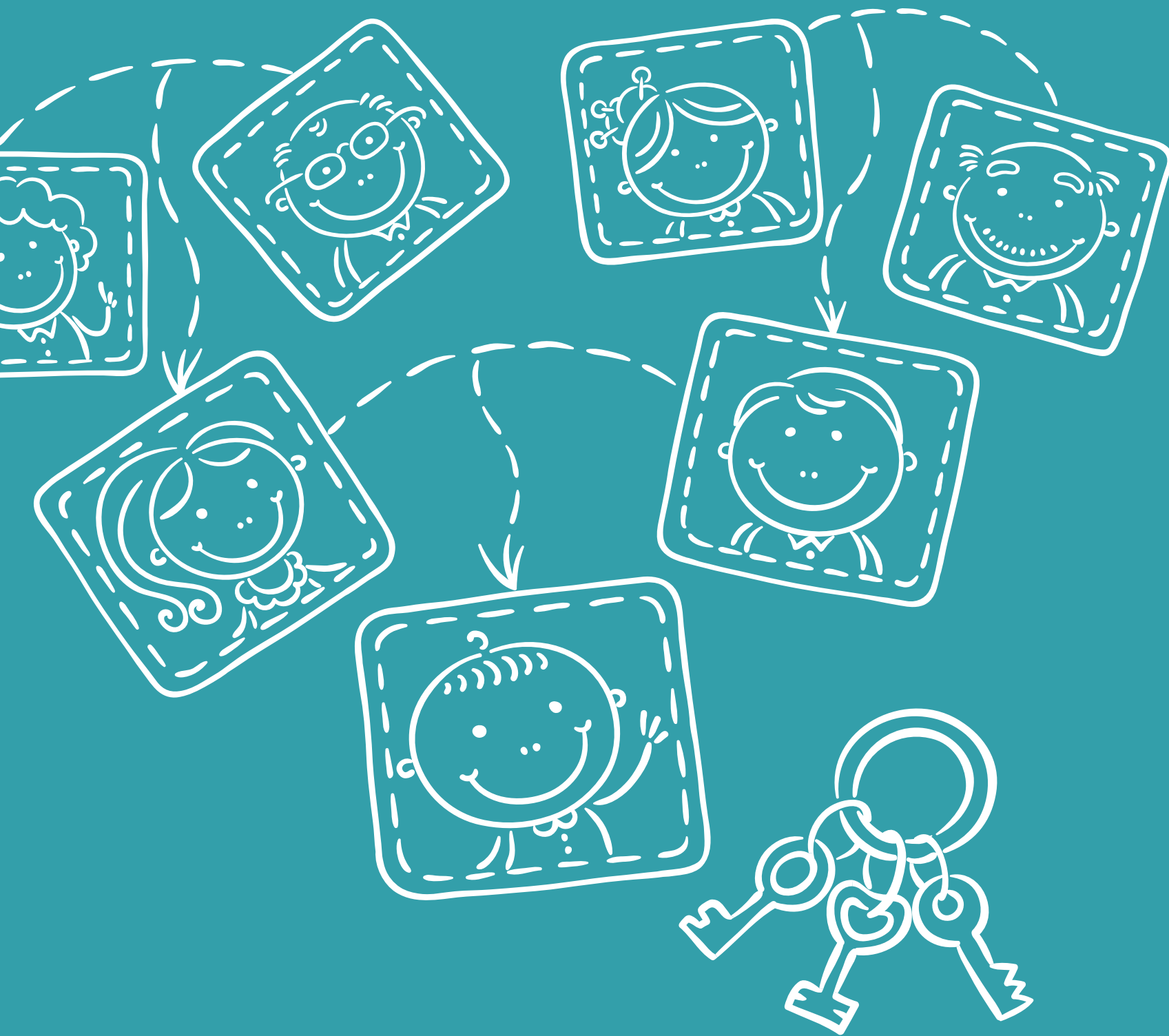




Supporting Siblings



MY HERO MY ENEMY A STRANGER

What is the relationship we are comfortable with?

What would this look like if addiction wasn't a part of our story?



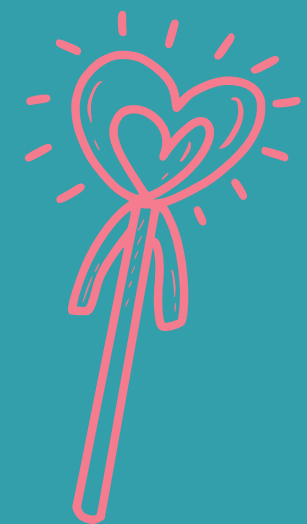
In order to be

TRUSTED, one has to

be TRUSTWORTHY



{ HOW ARE YOU SHOWING
YOU ARE TRUSTWORTHY? }



I didn't **CAUSE** it

I can't **CONTROL** it

I can't **CURE** it... **BUT**

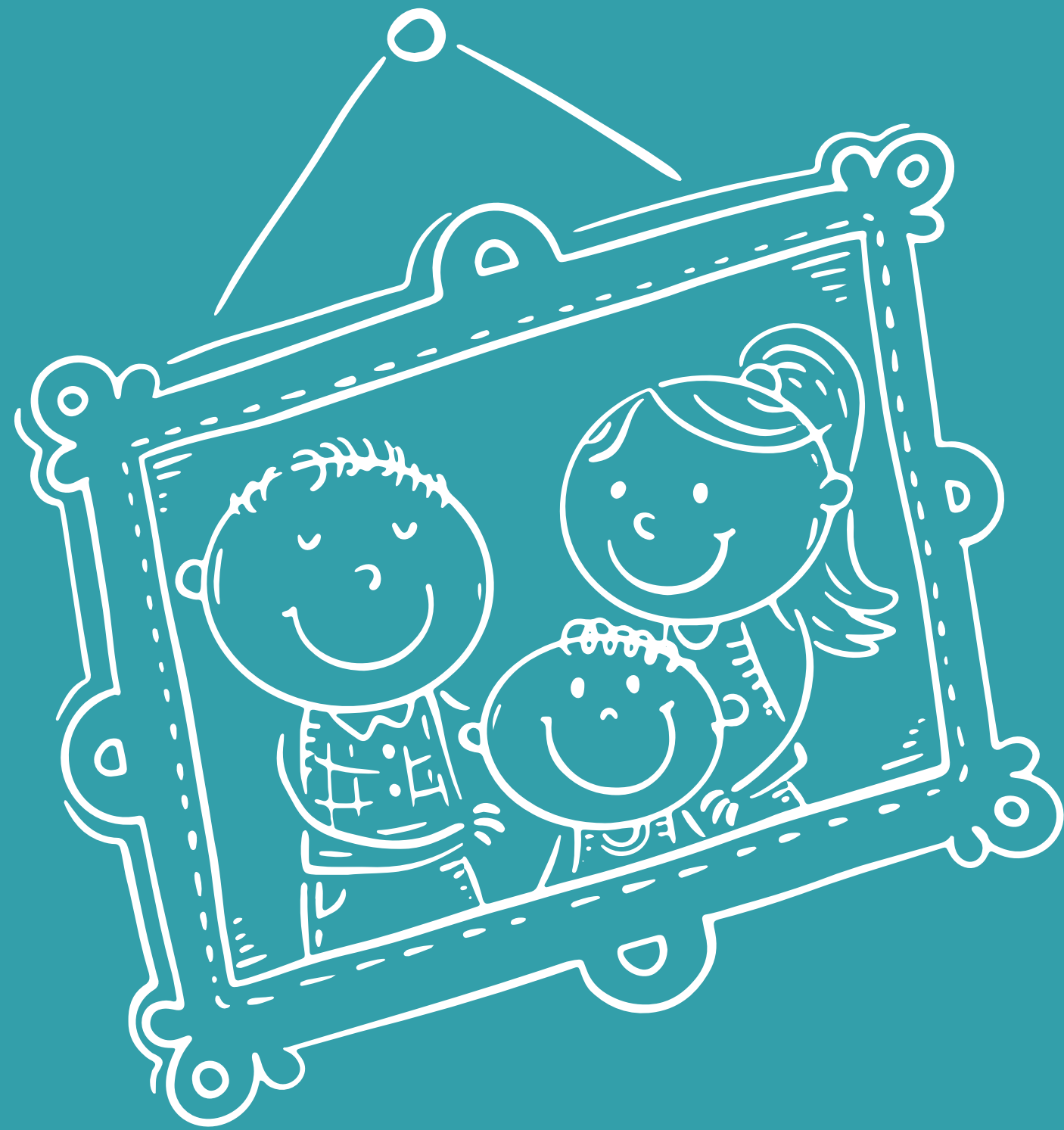
I can take **CARE** of myself by

COMMUNICATING my

feelings, making good **CHOICES**

and **CELEBRATING** myself.





FOR PARENTS

WHAT TO SHARE

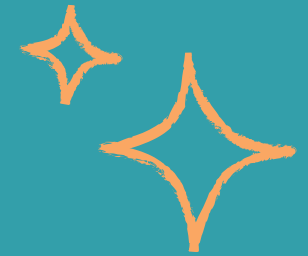
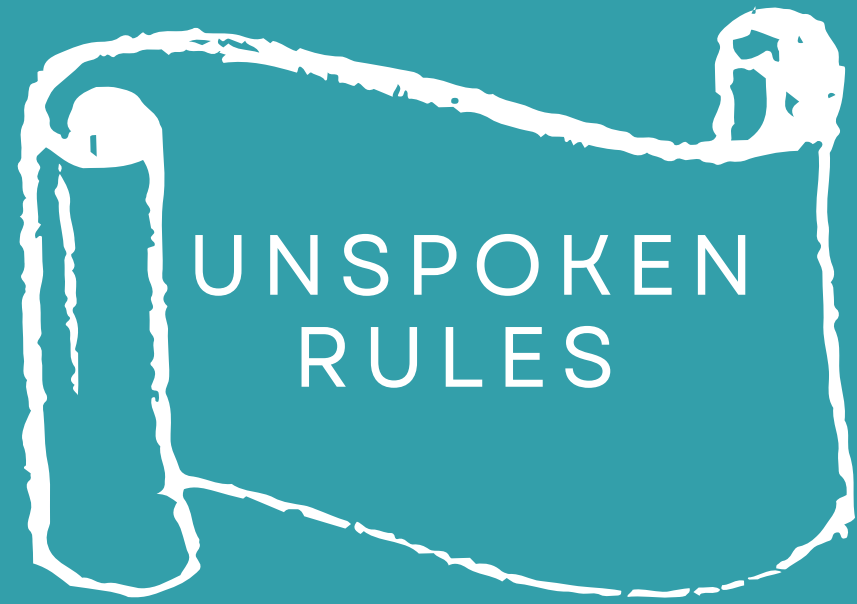
UNDERSTANDING
TRAUMA

WHAT TO NORMALIZE

CONTROLLED CHAOS

BLAME





DON'T TALK
DON'T TRUST
DON'T FEEL

