



# The Gifts of Recovery

*The gifts of recovery are beautiful everyday rewards when you care for yourself, communicate your feelings and make healthy choices.*

*During the holiday season - and all year long - celebrate all the wonderful things that recovery brings.*

## BALANCE

In the midst of winter, I finally learned that there was in me an invincible summer. - Albert Camus

## LETTING GO

Today I recognize forgiveness as the question road to freedom and serenity. When I forgive my past, I release myself from the grip it has on my present.  
-Tian Dayton, Ph.D.

## CHOICE

With the gift of choice, you let others help you brainstorm solutions, within a self-help group or in therapy. You begin to get creative about problem solving. You can have your way more often if you have more than one way.  
- Stephanie Abbott

## BOUNDARIES

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others  
- Brene Brown

## FORGIVENESS

Forgiving is not forgetting. It is remembering and lettin go.  
- Claudia Black, Ph.D.

## LOVING DETACHMENT

Detachment is given to us when we are ready for it. When we set the other person free, we too are set free.  
-Melody Beattie

## INTIMACY

We are now able to risk being with others safely, and can allow ourselves to be seen and touched by another. By understanding how to trust ourselves  
- Patricia O'Gorman & Philip Oliver-Diaz

## SELF RESPECT

If a man happens to find himself ... he has a mansion which he can inhabit with dignity all the days of his life.  
-James Michener



National Association for Children of Addiction - [Nacoa.org](http://Nacoa.org)

