



Important Points

- You don't need super powers to be a super hero.
- The search for that one person that is going to get you through this is never ending, but **it always comes back to you**. You need to get yourself through it your way, doing what's best for you.
- Give yourself "**A Pass**" when needed (No one is good at this).
- Decide you are going to get through this. Be part of the good statistics.
- Keep being a "**Patient in Perspective**". Do something you like. Do something for yourself. **Often**.
- "**Communicate**" – be your own best advocate. (Speak up)
- **3 Day Rule: Never go 3 days** without taking a shower, getting dressed and doing something other than being a patient.
- Get a glimpse of yourself and recognize your strengths. **You have tremendous attributes. Use your strengths.**
- **Make a plan in your mind and set small goals. I will...and do it.**
- **You are so much more than a patient. You can do this. You have the power.**

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