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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