

## AS A CONCERNED PARENT I PLEDGE:

not to do for my child what they can do for themselves  
not to write excuse notes for school or work that are not truthful  
not to excuse away inexcusable behavior  
not to bail him or her out of self-made jams  
not to blame friends, school, or the “system” for the failures and problems of my child  
to allow my child to experience natural consequences for their behavior  
to provide support and information, without violating my own rights or  
the rest of the family  
to use “I” messages when talking about how they treat me and the family  
to offer choices to my son or daughter rather than demand compliance

\_\_\_\_\_  
*Signature of Parent*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness*

\_\_\_\_\_  
*Date*



## AS A SOBER COACH I PLEDGE:

to join a support group for the family and friends of the chemical dependent  
to attend all the parent education groups provided by the treatment center or  
clinic that my child goes to and familiarize myself with self-help groups  
available  
to recognize that their sponsor (from their self-help group) works with them on  
their personal program of recovery and that I work to encourage a lifestyle in the home  
and family that promotes recovery  
not to place myself in competition with their sponsor  
to make every effort to help my child get to their own support group (without attending  
meetings with them unless invited)  
not to restrict meetings or ground my child from sober-planned activities as a punishment  
not to play the game of “you are too young to be a real alcoholic” because.....  
not to accept unacceptable behavior or excuse inexcusable behavior  
to set boundaries about what is allowable while living in our home and what is not  
to make one of those boundaries the restriction of associating with a known drugging and  
drinking crowd  
to always recognize that my child’s recovery activities have the highest priority, for without  
recovery, there is nothing else.



\_\_\_\_\_  
*Signature of Parent*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness*

\_\_\_\_\_  
*Date*