

RECOVERY COACH PLEDGES

There are certain things, as a parent who wants to discourage drug use and encourage healthy choices and behavior that you can do.

AS A PARENT CONCERNED ABOUT DRUG ABUSE, I PLEDGE:

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- 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
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In addition to being a parent, your new role is that of a recovery coach. A recovery coach sees that their home, family, and relationship to their child is one that promotes recovery, not undermines it.

AS A RECOVERY COACH, I PLEDGE:

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- 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 excuses
 - 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.
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