

NEWSLETTER

P.O. Box 221 (W.O.B) West Orange, New Jersey

Tel: (973) 399-9070 Fax#: (973) 399-9074

Toll Free: 1-800-561-4299

Visit our site: www.psgnjhomestead.com

CODEPENDENCY

Co-dependency doesn't begin a few months before the substance abuser begins treatment it takes years to occur. Many Ingredients go into a true codependent. It first begins with a parent, or two. They start the child's life with many passive aggressive scenarios. This ensures the child will learn early on that like parent is pleased, life is good. The parent also reinforces that the most Important thing to the child is the parents' happiness.

So all through the child's upbringing, the child is making sure that the parent is happy while the parent is making sure he child is making them happy. This occurs silently and without realization. If there are other children in the family, they each have a role too (their own if another parent is in the picture, they have a role too .Emphasize that the individuals do not realize they are doing this.) As an adult, the codependent then seeks a companion that they can fix or a mate that will most likely be that of a passive role. This would accommodate the need for continuing the codependency with the parent. When an addiction enters the scenario, a lot of inter-twined, twisted issues need to be addressed.

These are also present with a non-recovering. things such as poor self-esteem, anger, indecisiveness and need for control enter the picture. When an addict enters

treatment, as a rule, a codependent is lurking near. This person can really hinder the progress of the substance abuser. Why? Because the substance abuser is breaking away from the role that the family is used to. When this change occurs, each person in the family shifts their role. This is where family therapy comes into play.

What is the one true item that a codependent and an addict have in common? Control. The addict can control their use, subsequently can control their :emotions {figuratively} The codependent has repressed their own feeling so long that they can't really get in touch with them, so to compensate they do as much as they can to please.

This way they can control the happiness of the other individual. When either of these people falls short of their "expectations" they then become almost obsessed with making the happiness occur. How can an addict make someone happy? A multitude of ways, but the main reason is if they use and numb their feelings of hurt and rejection, the intended individual won't appear to be that unhappy.

A non-recovering individual would then either replace the feeling of rejection with an obsession such as cleaning, shopping, eating or even anger towards others. What would

The purpose of eliciting anger be? If they couldn't make the intended individual happy, then no one deserves to be happy) Anger is present in both, the addict and non-addict. The anger can be towards many things, but mostly, it's at themselves.

Do they realize this? No. How do they get over this anger? By attending therapy and self help groups. Using counselors is not the sole answer to peoples' issues. Therapy works in conjunction with. other programs. Self-help has proven itself invaluable over the years. Clients who are co-dependent need to understand that they can help themselves by attending self-help groups and helping others as well as continuing therapy.

Patterns and Characteristics

Of Codependence

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to

Denial Patterns:

- I have difficulty identifying what I am feeling.
- I minimize, alter or deny how I truly feel.
- I perceive myself as completely unselfish and dedicated to the well being of others.

Low Self-Esteem Patterns:

- I have difficulty making decisions.
- I judge everything I think, say or do harshly, as never "good enough."

- I am embarrassed to receive recognition and praise or gifts.
- I do not ask others to meet my needs or desires.
- I value others' approval of my thinking, feelings and behavior over my own.
- I do not perceive myself as a lovable or worthwhile person.

Compliance Patterns:

- I compromise my own values and integrity to avoid rejection or others' anger.
- I am very sensitive to how others are feeling and feel the same.
- I am extremely loyal, remaining in harmful situations too long.
- I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.
- I put aside my own interests and hobbies in order to do what others want.
- I accept sex when I want love.

Control Patterns:

- I believe most other people are incapable of taking care of themselves.
- I attempt to convince others of what they "should think and how they "truly" feel.
- I become resentful when others will not let me help them.
- I freely offer others advice and directions without being asked.
- I lavish gifts and favors on those I care about.
- I use sex to gain approval and acceptance.
- I have to be "needed" in order to have a relationship with others.

WHAT IS ADDICTION

Addiction affects the mind body and spirit that takes control over a person's life most addicts have obsessive thoughts about their drug of choice from when they wake in the morning and continues on through their waking hours. The thoughts remain with them until they give in and take something.

Their tolerance for the substance increases and they need more to get the same effect. Their behavior becomes more erratic they become secretive and isolate from family. They become defensive and manipulative. This is a warning sign of addiction.

Why is the Disease of Addiction so Secretive

The well-kept secret of sharing that someone you love is suffering from the disease of addiction (which the AMA declared a disease in the 1950's) is based in guilt, shame, fear of reputation for self and the loved one, denial, isolating from others, and don't know who, to trust.

There is not enough information as to what families are going through. There's a lot of blame put on families. The DISEASE of addiction has nothing to do with the home environment. Thus the secret makes it difficult to know where to go for information and help.

There are many Self-Help groups such as our own Parents Support Group meeting throughout NJ, calling the Self-Help number which is 1-800-367-6274 and getting as much education from professional in treatment facilities that offer Family Education such as the Carrier Foundation in Belle Mead or by calling other facilities to ask what they offer. By taking this action families can learn what they are dealing with and how to handle the situations appropriately.

Families will learn, there are always resources, help and hope available. When families do find help, it's so vital that they stay and give support to new families.

Lasting Pleasures, Robbed by Drug Abuse

Of all the things that people do, few are as puzzling to psychiatrists as compulsive drug use. Sure, all drugs of abuse feel good at least initially. But for most people, the euphoria doesn't last. A patient of mine is all too typical know this will sound strange," he said, as I recall, "but cocaine doesn't get me high any more and still I can't stop."

When he first started using the drug, in his early 30s, my patient would go for days on a binge, hardly eating or drinking. The high was better than anything, even sex. Within several months, though, he had lost the euphoria — followed by his job. Only when his wife threatened to leave him did he finally seek treatment.

When I met him, he told me that he would lose everything if he could not stop using cocaine. Well, I asked, what did he like about this drug, if it cost him so much and no longer made him feel good? He stared at me blankly. He had no clue. Neither did most psychiatrists, until recently.

We understand the initial allure of recreational drugs pretty well. Whether it is cocaine, alcohol, opiates, you name it, drugs rapidly activate the brain's reward system a primitive neural circuit buried beneath the cortex and release dopamine. This neurotransmitter, which is central to pleasure and desire, sends a message to the brain: This is an important experience that is worth remembering.

Heroin the New Norm

More and more substance abusers are turning to Heroin. Generally Teens start using in Jr. High school with prescription drugs usually pain meds. It is the new gateway drug to Heroin use. In High school, they use whatever they can get i.e.: prescription drug, acid, pot ecstasy etc. As their use increases they start using heroin- it's cheaper and easier to get.

Drug use occurs all over the U.S. In cities, suburbs, and rural areas. Kids from all cultures and social-economic backgrounds are experimenting and becoming addicted. The addict did NOT want to get addicted. They think it won't happen to them. They'll use differently, try different drugs but I won't happen to them. They're only going to use recreationally. Unfortunately for some they have the pre-disposition to the disease of addiction and once they start to use, their drug use gets out of control.

Parents need to set clear firm guidelines about what is acceptable behavior. Parents need support (groups), education and practice to become strong and skilled in dealing with substance abuse related behavior. Your home and it's atmosphere are yours. Never let them go.

Listen to me, I am an Addict/Alcoholic

I am a drug abuser. I need help.

Don't solve my problems for me. This only makes me lose respect for you-and for myself.

Don't lecture, moralize, scold, blame, or argue whether I'm stoned or sober. It may make you feel better, but it only makes the situation worse.

Don't accept my promises. The nature of my illness prevents my keeping them, even though I mean them at the time. Promises are only my way of postponing pain. And don't keep switching agreements; if an agreement is made, stick to it.

Don't lose your temper with me. It will destroy you and any possibility of helping me.

Don't let your anxiety for me make you do what I should do for myself.

Don't believe everything I tell you. Often I don't even know the truth-let alone tell it.

Don't cover up or try to spare me the consequences of my using. It may reduce the crisis, but it will make illness worse.

Above all, don't run away from reality as I do. Drug dependence, my illness, gets worse as my using continues.

I need help-from a doctor, a psychologist, a counselor, from some people in a self-help program who're recovering from a drug problem themselves-and from a Power greater than myself.

A father's love lands drug addict behind bars

It was a 14-karat case tough love. A man allegedly stole a gold chain worth nearly \$6, 0000 from a local jewelry store and tried to sell it to his father. But the father, a retired cop, thinking jail would spare his son's life, turned him into the police.

The 29 year old son was charged with theft for stealing the chain. The Jewelers a surveillance system in the store captured video footage of the alleged theft

A week later the father visited police headquarters and told officers his son admitted to him that he stole the chain and sold it to a gold shop, police said. The father reviewed the surveillance footage and immediately identified his son as the person in the video seen stealing the chain from the merchandise counter, authorities said.

The father said his son stole the gold chain to get money for drugs, and he "figured jail would be the best place for him to keep him alive."

The father said his other son died from a drug overdose in 2010 and he didn't want his son to suffer the same fate." He's a drug user, and he would just keep on doing the same thing," that he told his son "I did it to save his life."

During a search of the father's home, police also found a baseball cap worn by his son during the incident, authorities said. He was sent to the Somerset County jail in lieu of \$15,000 bail. The father said his son called him from jail yesterday to thank him. Recalling the conversation, he said his son said, 'When you first put me here, I was very angry, but now I see this is where I need

to be to get the help I need.'" Hearing those words, the father said, "put tears in my eyes," the father said.

Early Recovery "Red Flags"

- **People, Places, and Things** – Our people, places and things can cause the slide back to use. "If you keep going to a barbershop, eventually you're going to get a haircut". Attempting to go back to your old lifestyle just without the drugs and alcohol doesn't work. It can, does, and will lead you back to using and drinking.
- **Dishonesty** – Dishonesty is the way we lived while we were using. We would (and probably did) say or do anything to prolong our chemical use. We are as sick as our secrets. Secrets only provide the basis for further dishonesty. Being honest with other and ourselves is a significant part of recovery Honesty is about being accountable and taking responsibility for our actions.
- **Control** – We have to accept that we can't control other people, places, and things. Anger and resentments block love and serenity from our lives. To maintain our recovery, we must thoroughly clean ourselves of our resentments and shortcomings.
- **Isolation** – Isolation gives us ample opportunity to engage in self-pity and construct irrational and self-defeating thoughts. We often underestimate the value of human interaction in recovery. As hard as it might be, we need to break out of our isolating ways and open up to others.

- **Impatience** — Many of us are anxious to move ahead and get on with our lives. We set our expectations too high, and when we cannot meet them we believe that we have failed. We need to remember that our serenity is inversely proportional to our expectations of others and ourselves, That is, the higher our expectations of others and ourselves, the less serene we can be, and vice versa.

- **Emotional Distress** Emotional triggers can be especially dangerous because at the time they seem so overwhelming. When we start to feel that way, we look for a quick reliable solution. We need to understand that “this, too, shall pass.”

- **H.A.L.T** – The concept of moderation is foreign to us. Our addictive thinking and compulsive behavior makes it difficult for us to “take it easy” or “keep it simple.” We drive ourselves until we become hungry, angry, lonely and tired, and our self care (which is critical to our recovery) deteriorates.

- **Thinking we know it all** – This kind of attitude plays down the effort needed to stay in recovery. We think that half-measures are adequate to maintain our sobriety. We display reckless behavior by placing ourselves in situations where our sobriety might be compromised.

THE TWELVE STEPS

1. We admitted we were powerless over substance abuse — that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our over the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to an other human being the exact nature of our wrongs.
6. Were entirely ready to have God remove these defects of character.
7. Humbly asked him to remove our short-comings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people where-ever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our improve our conscious contact with God as we understood him, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others with addictions, and to practice these principles in all our affairs.

FROM THE DESK OF LINDA

Parents Be Aware

Parents of Teenagers should know the parents of parties where their teens are going. Many parents think doing pot/alcohol is a right of passage (they did it), some parents still use pot, some want their kids at home so allow it, some parents feel if do it at parties under their supervision, the kids won't abuse or go on to do drugs/heroin.

In N. J. 14% of all underage teens drinking get the alcohol from their parents. Any serving of alcohol is illegal!! What message are you giving the teens?! It's ok to break the law on certain occasions?!?!

Love often requires a firmness, strength and responsible actions of the parent that many parents find hard to deliver

Adapted from
A Gentle Path Through the
Twelve Steps

Step 1 *We admitted that we are powerless over ‘our loved ones addiction to drugs/alcohol and our lives have become unmanageable*

Most people find it easier to recognize the “sick” behavior of the addict rather than recognize their own co-addiction or co-dependency. As you grow to understand your own powerlessness and how unmanageable your life became when you tried to control the addiction, you begin to understand the power that addiction has had over your life. Acknowledging your powerlessness and recognizing your unmanageability will help prepare you to use the rest of the Twelve Steps.

Give three or more examples (this is just a partial list of questions!)

- 1. Obsession about addict’s behavior**
- 2. Ways I try to control the addict’s behavior**
- 3. Lying, covering up, or minimizing the addict’s behavior**
- 4. Effects on my physical health**
- 5. Do I attempt to persuade the addict to take care of him/herself?**
- 6. Do I try to put the pieces together after the addict creates chaos?**
- 7. Do I blame myself for the addict’s problems?**
- 8. Do I lecture the addict for his or her problems?**
- 9. Effects on my social life**
- 10. Have I believed that I could or should change the addict?**

Working the steps allows people to use and practice powerful principles of recovery. For those who are willing to look deeper and do the work, the process is life changing.

The primary purpose of AA’s 12 Steps were created to help alcoholics to stop drinking. Never was it meant to be all things to all people.

Knowledge of the 12 Steps is critical to all recovering people. The steps work if you work them. 12 Step program is available to all.

The 12 Steps and fellowship support meetings are the most widely used life line for people recovering from chemical dependency, codependency, and other compulsive or addictive disorders.

“You bring the body, the mind will follow”

Steps are meant to be worked on in order, and several steps are meant to be worked on multiple times

What does it mean to “Work” a program? Attending the meetings (regularly), reading the literature/books, sharing during meetings is just a piece. Much goes on outside of a meeting. It’s about applying the program principles to real life problems, and practice!!

When we quit trying to do the impossible, we are allowed to do the possible- Stop trying to control and change the disease and others, move towards our own power to change ourselves!

“ENABLING”

IT IS EASIER TO FIND A LIST OF “DON'TS” IN DEALING WITH CHEMICAL DEPENDENCY, FOR IT IS EASIER TO UNDERSTAND WHY YOU FAIL THAN TO KNOW WHY YOU SUCCEED. THE FOLLOWING LIST IS NOT INCLUSIVE, BUT IT MAKES A GOOD BEGINNING.

- 1. Don't allow the dependent person to lie to you and accept it for the truth, for in so doing, you encourage this process (ENABLING). The truth is often painful, but get at it.**
- 2. Don't let the chemically dependent person exploit you or take advantage of you, for in so doing you become an accomplice (ENABLER) in the evasion of responsibility.**
- 3. Don't let the chemically dependent person outsmart you, for this teaches him/her to avoid responsibility and lose respect for you at the same time (ENABLING).**
- 4. Don't lecture, moralize, scold, praise, blame, threaten, or argue. You may feel better, but the situation will be worse.**
- 5. Don't accept promises for this is just a method of postponing pain. In the same way don't keep switching agreements. If an agreement is made stick to it.**
- 6. Don't lose your temper and thereby destroy yourself and any possibility of help.**
- 7. Don't allow your anxiety to compel you to do what the chemically dependent must do for him/herself.**
- 8. Don't cover up or abort the consequences of chemical use. This reduces the crisis but perpetuates the illness (ENABLING).**
- 9. Don't try to follow this as a rule book. It is simply a “guide” to be used with intelligence and evaluation. If at all possible, seek good professional help. You need it as well as the chemically dependent person.**
- 10. Above all don't put off facing the reality that chemical dependency is a progressive illness that gets increasingly worse as use of mood altering chemicals continues. Start now to learn, to understand, and plan for recovery. To do nothing is the worst choice you can make.**

Substance abusers have a disease and their disease affects their families

If you have any questions about suicide, or are experiencing a crisis in your life that seems too difficult to handle, you can call these numbers for help, 24 hours a day.

SUICIDE

EAST ORANGE GENERAL HOSPITAL, CRISIS INTERVENTION UNIT

(973) 672-9685

FAMILY SERVICES BUREAU OF NEWARK

(973) 412-2056

POISON CONTROL CENTER

(800) 222-1222

SUICIDE (YOUTH IN CRISIS)

800- 621-4000

NOTE: AIDS HOTLINE

(800) 624-2377

THE 211 HOTLINE

Residents can now call 211, 24 hours a day seven days a week for referrals to a variety of social services including: private & government agencies located in their community.

- **Basic needs-food pantries, shelters, rent and utility assistance.**
- **Support for seniors and the disabled home health care, respite care and transportation.**
- **Family and children services, child care, after school programs, tutoring and summer camps**
- **Physical and mental health services, Medicaid and Medicare, crisis intervention and substance abuse programs.**
- **Employment, job training, education and financial assistance.**
- **Volunteer opportunities**

SUICIDE

If you have any questions about suicide, or are experiencing a crisis in your life that seems too difficult to handle, you can call these numbers for help, 24 hours a day.

EAST ORANGE GENERAL HOSPITAL, CRISIS INTERVENTION UNIT
(973) 672-9685

FAMILY SERVICES BUREAU OF NEWARK

(973) 412-2056
POSITION CONTROL CENTER
(800) 222-1222
SUICIDE (YOUTH IN CRISIS)

GRAND PARENT INFORMATION CENTER

The AARP Foundation provides crucial funding for the AARP Grandparent Information Center. This special Information Center offers assistance for grandparents who might need assistance bridging the distance if they live far away, handle a conflict in their family, or even if they find themselves as the primary caregiver for their grandchildren.

1-800-862-3446

www.aarp.org/grandparents

GRIEF SUPPORT GROUP FOR PARENTS ENDURING LOSS FROM ADDICTION

(PLEA)

973-682-8733

HELP FOR THE PARENT CRISIS INTERVENTION

When teenagers are out of control due to the use of drugs, Crisis Intervention is a very helpful tool. The state provides a Crisis Intervention Center in every county, You can access this service and the courts will intervene. The course can order an addict into recovery program. Call before a crisis situation occurs to learn what services are available for you and how to access these services when a crisis does occur. For further information, call your county Crisis Intervention contact:

Atlantic County-	609-344-1118	Monmouth County	723-923-6999
Bergen County-	201-336-7360	Morris County	973-625-0280
Burlington County-	856-234-0634 or	Ocean County	732-240-6100 or
	856-234-8888 or		609-693-5834
	866-234-5006		
Cape May County	877-652-7624		
Cherry Hill serving	1-888-375-8336	Passaic County	973-754-2230
(Camden, Cumberland, Gloucester and		Somerset County	908-232-2880
Salem Counties)		Sussex County	800-969-4357
Essex County	973-623-2323(Suicidal)	Union County	908-289-7800
	973-972-0480 (Crisis)	Warren County	908-454-5141
Hudson County	201-915-2210		
Hunterdon County	908-788-6400		
Mercer County	609-396-4357 or		
	609-989-7297		
Middlesex County	732-235-5700(Adult) or		
	732-235-5705(Children		

KISS

Do Not LECTURE

Do Not ARGUE

Direct Clear Statements When

Addict is Sober

Are What Each Parent Should Strive

For: Avoid trying to psycho-analyze

Avoid Projection

Do Not Have To Explain Yourselves

Speak Clear and Tell The Truth with

Simplicity

Example: I Love You, Go Get Sober

**Reasoning, Lecturing, scolding
and threatening are methods that
seldom work with substance
abusers.**

**Did you know 1 teaspoon of
cinnamon can cause lungs to
collapse it's called Dragon Face.**

**Keep coming back. It works if
you work it so work it you're
worth it!**

**PARENTS SUPPORT GROUP-NEW JERSEY
INC.**

1-800-561-4299 (TOLL FREE) WEBSITE:

www.psgnjhomestead.com

- PARENTS SUPPORT GROUP-NEW JERSEY INC. helps mothers and fathers to understand and cope with the disease of addiction.
- As a nonprofit foundation we sponsor self-help groups based on Twelve Steps, however we are not affiliated with any other twelve-step program.
- We believe that addiction is an illness and that changed attitudes and responses by the parents can greatly help a child's recovery.
- Our mothers and fathers refer to their sons and daughters as children, even though they range in age from 18 to 50+.
- Each support group has a team of two facilitators who are trained to insure that meetings deal with appropriate subject matter and that each individual has a chance to participate.
- Guest speakers attend our meetings on a regular basis. They include counselors from well known rehabilitation facilities and prominent authorities in the field of addiction.
- Absolute confidentiality is practiced by the staff and required of all parents.
- There are no financial charges to parents attending our meetings.
- We are not associated with any organization, institution, political party, sect or denomination. We have no position on any causes nor do we engage in any controversy

DO and DONT'S

#1 _No formula! Only guidelines

Dos: Be a piece of the "Ring of Reality"

- a. Allow Symptoms to present/consequences to be received
- b. Cooperate with treatment personnel Know the facts!

- a. Drug is a Drug! _alcohol is a drug _nicotine is a drug.
Agent/Host
Agent may be a constant or a variable, depending on tainting
Host is ALWAYS a variable.
- b. Addiction is a PRIMARY DISEASE
- c. Addiction IS a FAMILY DISEASE

Cultivate a broad/strong support system

Say what you mean; MEAN WHAT YOU SAY! (But don't say it "mean".)

- a. What can YOU handle?

Create a treatment tool kit

- a. Emergency Care/Detox
- b. Outpatient Agencies/Residential Agencies/Interventionists
 - . Admission Criteria
 - . Cost/Insurance
 - . Phone number
- c. YOUR COUNSELOR/SPONSOR/SUPPORT PERSONNEL Tel. #s
- d. Positive Items (readings, slogan, cartoon, perspective restorer)

Take care of your "self": Love thy neighbor AS yourself! (Jim MCI)

DON'T: BE AN ENABLER! (Don't do for others what they NEED to do for themselves!)

- THREATEN
- BLUFF
- ISOLATE

- _BLAME-Yourself or others _It's a disease: you didn't cause it, you can't control it, you can't cure It, but you can cope with it! (4Cs)

- DESPAIR -Where there's breath, there's HOPE!

CONFLICT

Keys to Keeping the door Open

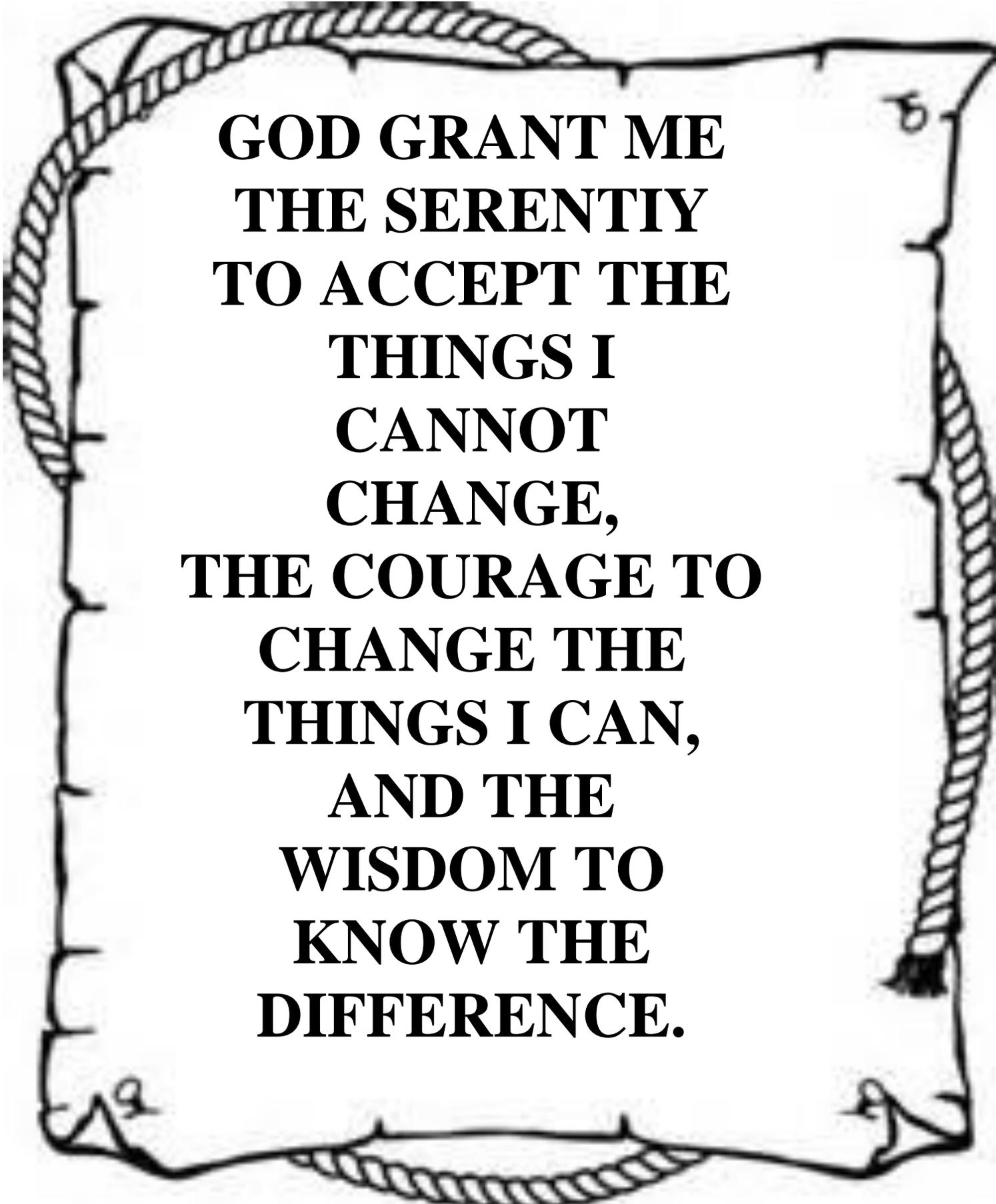
1. Clarify what the actual conflict is first. Then, see if there is any other reason this conflict is here; tired, low estrogen, low sugar level, whatever.
2. Stick to the issue at hand. don't dredge up past hurts or problems, whether real or perceived.
3. Maintain as much physical contact as possible.
4. Avoid sarcasm.
5. Avoid "you" statements. Use the words "I feel" or "I think." No past or future predictions. For example: Wife says "You could have called, you know. You always try my patience. You're inconsiderate and you always will be." A better example: "It's not like you to be late without calling. I was worried, what happened to you?"
6. don't use "hysterical" statements or exaggerations at the time of conflict.
7. Resolve any hurt feelings before continuing the conflict discussion.
8. don't resort to name calling or losing your temper. If this happens, agree to continue the discussion later.
9. Avoid power statement and actions. For example: "I quit!" "Sleep on the couch tonight." "You're killing me."
10. don't use the silent treatment.
11. Keep your arguments as private as possible to avoid embarrassment.
12. Use the "Quick-listening Method" of communication when arguing. Repeating back each other's words for clarification.
13. Resolve your conflicts with "Win-Win" solutions. Both agree with the solution or outcome of the argument.
14. Above all, strive to reflect HONOR in ALL of your words or actions during a conflict.

**TO ALL OUR FACILITATORS AND LONG TIME
MEMBERS**

**Thank you for giving of yourselves, your time, your commitment
and the support you give to others. You're Extraordinary People!**

FROM THE Board members and staff of PSGNJ

**Stay-Give Back-Extend the Hand of Hope, Experience, and
strength. Remember your first time in group. Imagine if no one
was there for you.**



**GOD GRANT ME
THE SERENTIIY
TO ACCEPT THE
THINGS I
CANNOT
CHANGE,
THE COURAGE TO
CHANGE THE
THINGS I CAN,
AND THE
WISDOM TO
KNOW THE
DIFFERENCE.**

**SAY WHAT
YOU
MEAN.**

**MEAN WHAT
YOU SAY.**

**DON'T SAY IT
MEAN IT.**

DON'T EVER GIVE UP



