

Definition of Recovery for *Parents*

1. In *Parents of Adult Children* recovery is a state in which you are able to love yourself as much as you love your children.
2. You are guided by a power greater than yourself who knows what is best for you.
3. You are growing and changing.
4. Parenthood enhances your life but does not determine your self-worth.
5. Most of the time you are serene and think clearly when it comes to relationships with your children.
6. Your behavior is sane and marked by emotional sobriety.
7. You do not "love" too much.
8. You do not "do" too much for your children.
9. You do not do too little either.
10. You have researched healthy relationships with children and know what your goals are.
11. You stay close to people who are also in recovery in order to avoid relapse.
12. You never take recovery for granted or become complacent.