








# Children Learn What They Live

## *The Recovery Version*

If children live with parents who are high,   
They learn that people are unpredictable and unreliable.  
If children live with denial,   
They learn to mistrust what they feel and sense.  
If children live with shame,  
They learn to hide who they really are.  
If children live with rage,  
They learn to be afraid.  
If children live with emotional abuse,  
They learn to feel bad about who they are.  
If children live with trauma,  
They learn to become anxious and despondent.  
If children live with addiction,   
They learn to become addicts.

 If children live with recovery,  
They learn that people can change for the better.  
If children live with parents who ask for help,  
They learn to reach out for help too.  
If children live with amends,   
They learn to forgive.  
If children live with peace in the home,  
They learn to feel safe inside.  
If children live with dependability,  
They learn to trust.  
If children live with honesty,  
They learn to tell the truth.  
If children live with emotional maturity,  
They're allowed to be children.

