

Chapter 13

I's a Marathon, Not a Sprint



*God grant me the serenity to accept the things I cannot
change; the courage to change the things I can; and the
wisdom to know the difference.*

-The Serenity Prayer

How best to influence the choices your child makes about the consumption of alcohol and other drugs? Well, in the words of James Bryant Conant, “*Behold the turtle. He only makes progress when he sticks his neck out.*” There are no magic bullets. There are no quick fixes. If you want something done right, you’re going to have to do it yourself! And to do so requires an extra dose of patience, a heaping helping of persistence, and gobs and gobs of perseverance.

The strategies presented in this book require much of you with the promise of giving back much in return—the health and well-being of your child. As I say good-bye, I wish you mega doses of the following.

Involvement. Alcohol and other drugs prevention is not a passive process. It requires your active involvement in the raising of your child.

Commitment. Start when your child is young and stay with the message throughout your child’s upbringing.

Encouragement. Build your child up rather than tear her down.

Awareness. Be aware of who your child is. Be aware of the environment in which your child lives their life. Be aware of

what your child needs from you to ensure their health and well-being.

Patience. Remember, they're trying their best, no matter how many times they may stumble along the way.

Toughness. Winning the heart and mind of your child can prove to be hard business.

Courage. For those times your child DARES you to do the right thing when it would be easier to do the most expedient thing.

Compassion. There's no more potent elixir for those times when your child stumbles—either intentionally or accidentally.

Consistency: To be otherwise dilutes your message and confuses your child.

Stability: You're the anchor that keeps your child grounded.

Leadership. Your child needs you to show them the way—both in words and deeds.

Resilience. You'll be tested time and time again.

Knowledge. Your child needs you to be THE source of information to answer their questions and quiet their fears.

Wisdom. Knowing *what* to say and do, and what needs to be said and done. Knowing *when* to say and do what needs to be said and done. Knowing *how* to say and do what needs to be said and done—it's a mighty big job, but I believe you're up to the challenge.

Love. Nothing more need be said.

G.B.U.

Steve

HOW TO CONTACT DR. FRISCH, PSY.D.

Dr. Frisch, Psy.D. is a clinical psychologist in private practice in Chicago, Illinois. He has offices in the northern Chicago suburb, Northfield, Illinois. The psychological services that he provides include:

- Individual psychotherapy
- Experiential group psychotherapy
- Marital psychotherapy
- Family psychotherapy
- Recovery counseling
- Relapse Prevention counseling

You can contact Dr. Frisch, Psy.D. at:

- (847) 498-5622
- E-mail Dr. Frisch, Psy.D. at:
DrSteve@AliveAndWellNews.com