

***Activity 11-3: Wisdom written in shorthand***

Think about each of the following quotes and sayings, and write down what they mean to you. There is no right or wrong way to interpret them. This exercise is designed to offer you different ways to cope, both as a family member affected by concurrent disorders and in your own personal life.

- If you share your pain, you cut it in half; if you don't, you double it.
  
  
  
  
  
  
  
  
  
  
- You can't direct the wind, but you can adjust the sails.
  
  
  
  
  
  
  
  
  
  
- This too shall pass.
  
  
  
  
  
  
  
  
  
  
- A journey of a thousand miles begins with the first step.
  
  
  
  
  
  
  
  
  
  
- If you find a path with no obstacles, it probably doesn't lead anywhere.

## Recovery

- Fall seven times, stand up eight (Japanese proverb).
- You are responsible for the effort, not the outcome.
- Act as if . . .
- Do not let what you cannot do interfere with what you can do.

Do you have any favourite quotes or sayings of your own? If so, jot some of these down in the space provided and think about why they are so important to you and how they help you to get through each day: