

Miracles Happen  
By Dr. Bill Brender

Find a safe place.  
Share Your Story.  
Master The Language.  
Know Your Disease.  
Knowledge is Power.

You are not your Diagnosis.

Accept the Guilt, but not the Shame.

Find the Humility. Let go of your Humiliation.  
File your Past where it should be.  
Put a Pause before Action  
Learn to Trust

Be willing to forgive  
Open yourself up to safe relationships  
Maintain Healthy Boundaries  
Embrace your spiritual awakening  
Give your Inner Child a Hug.

You are not alone  
You are not crazy  
You are not doomed  
Expect to Recover.  
Others have.

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