



THE SEVEN Cs

I didn't CAUSE it.

I can't CURE it.

I can't CONTROL it.

*I can help take CARE of myself by
COMMUNICATING my feelings,
making healthy CHOICES and
CELEBRATING me.*

Jerry Moe, developer of the 7 Cs. Jerry is the National Director of the Hazelden Betty Ford Children's Program and an Advisory Board Member of the National Association for Children of Addiction (NACOA).