

ADDICTION



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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.

9 Actions to Battle Your Beast



Valerie Silveira



- *Still Standing after All the Tears*
- International speaker
- “Hero mom”
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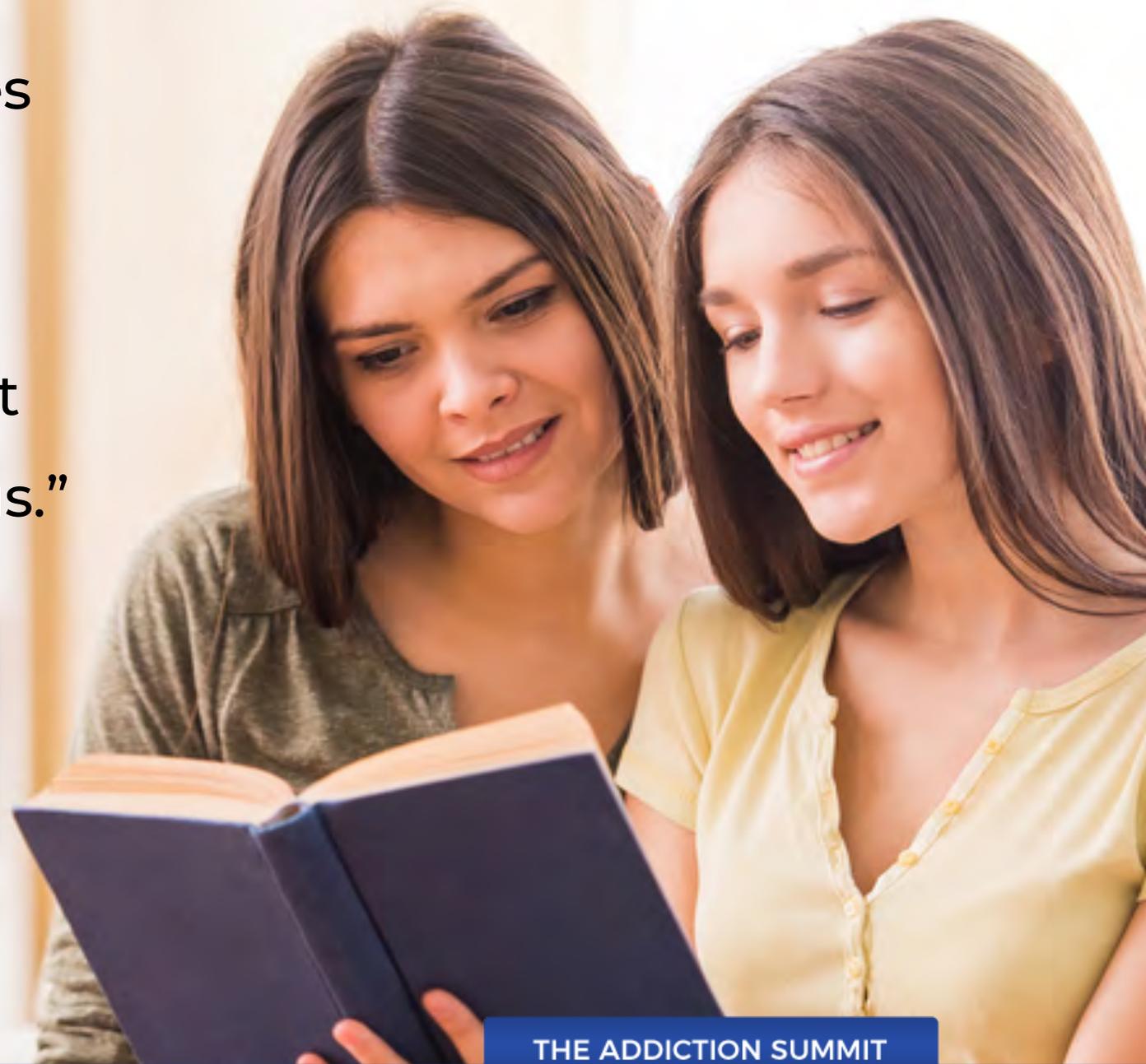
“You’re going along through life, and you have these hopes and dreams and expectations and plans. And then life just sort of whacks you upside the head with a 2x4.”



“I was going to have to put
on my seatbelt and my
shoulder harness because my
ride on what I call the roller
coaster from hell was about
to get a lot worse.”



“The best thing that families of addicts can do is to get themselves better, to get themselves stronger, to get themselves more courageous.”





“Every morning I would pray for a miracle for her.”

“If you’re so exhausted that you don’t think you have what it takes to get yourself better, to work on your own recovery, it’s because you’ve been fighting the wrong battle.”





“We really don’t control
people, places, or things.”

“The beasts are these things that keep us from happiness and hope and faith and purpose and anything good in life.”



“It’s selfish when
you self-destruct.”



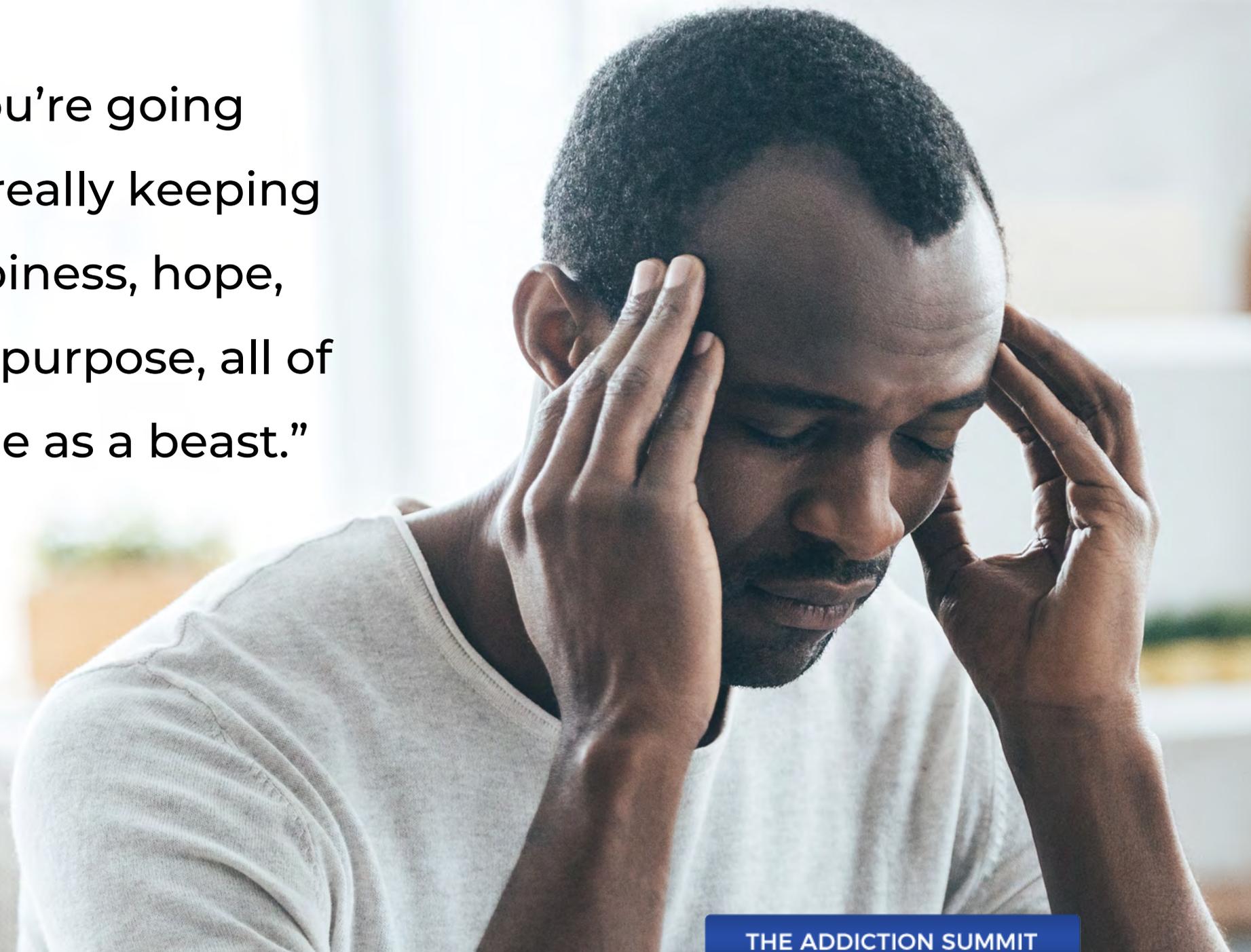
“Jamie was estranged from me, not in a negative, bad way because I had already forgiven her. I let her go with love.”



“The beast is anything that you’re dealing with. It could be depression. It could be this codependency. It could be that you’re stuck in enabling. You’re unhappy, hopeless, helpless. Maybe it’s as a result of a son or daughter living with an addiction beast like me.”



“Anything you’re going through that is really keeping you from happiness, hope, faith, peace, joy, purpose, all of that, I just define as a beast.”



“Decide to stand
up and fight.”



“The difference between people who are standing and people who are not is the decision to get back up.”



“Peace doesn’t come
to you. You go out and
get that, too.”



“The beast hates it when we
laugh, so we should just
laugh all the time.”



“Don’t go onto the
battlefield alone.”



“There’s one thing that we
have complete control over,
and it’s our attitude and
therefore our thoughts.”



“I stood up to fight because of my son. Literally, I did it for him initially. Now I stand for me. But I had to find a reason.”



A close-up, shallow depth-of-field photograph of a person's hands typing on a silver laptop keyboard. The scene is brightly lit, likely by natural light from a window, creating a warm, golden glow. The person is wearing a teal-colored short-sleeved shirt. The background is softly blurred, showing another person in a white shirt. The overall mood is professional and focused.

“Here’s the social media warning:
lives lived out on social media may
appear better than they really are.”

“This is why we all need to stand together, because we are all in this together.”



“When I’m in the middle of a storm that’s of everybody else’s making, I don’t have to react to it.”



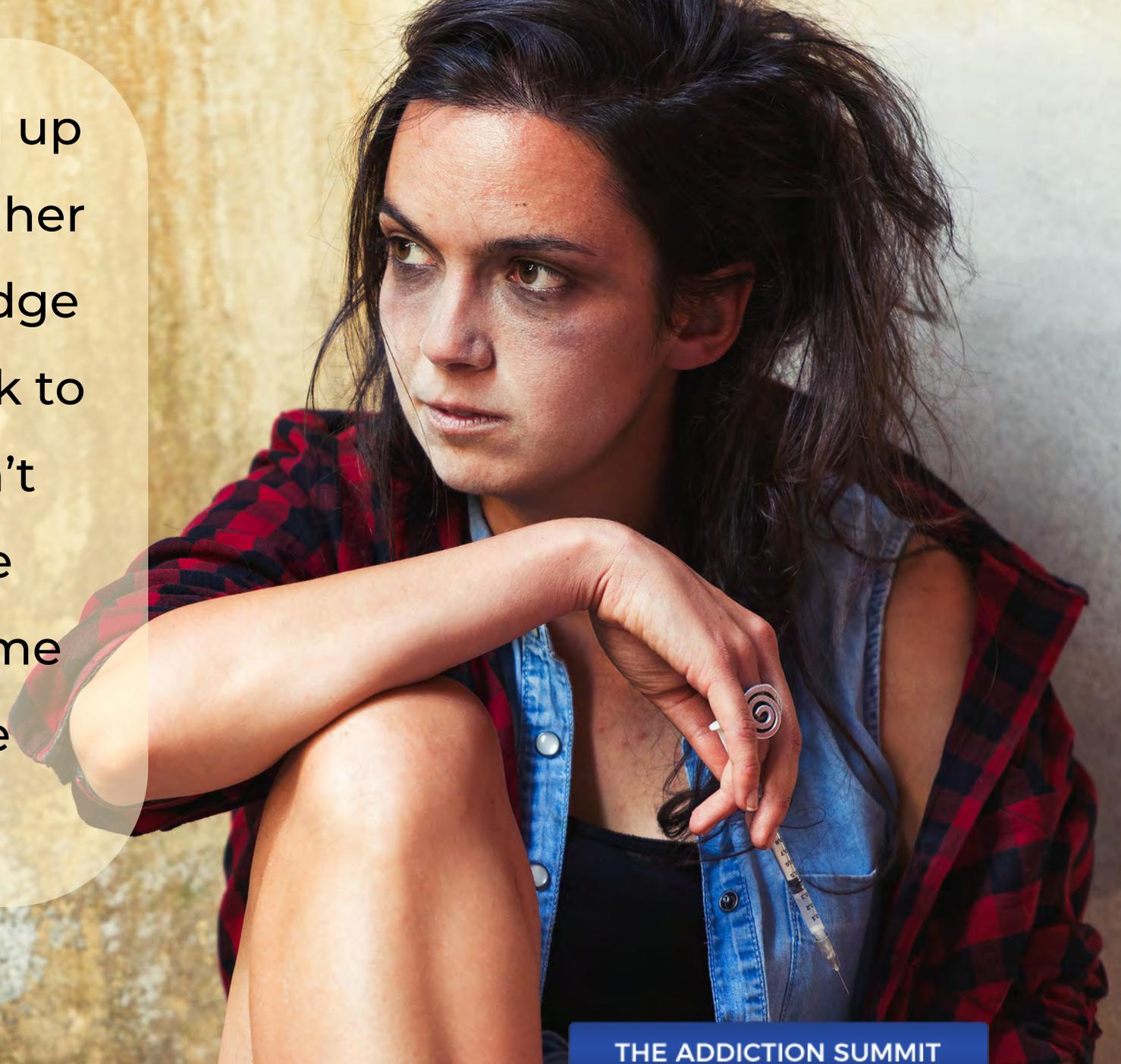
“It’s so freeing to stop
judging everybody and
deciding who gets
forgiveness.”



“Forgiving yourself is probably the most difficult thing.”



“This very broken, messed up person putting heroine in her body taught me not to judge people. She was very quick to forgive people. She didn’t judge us while we were judging her. She taught me that, just to love people and accept them.”



“This disease of addiction
hits everyone.”



“Make meaning from the madness.”



“It takes courage to do anything in life, to change anything, to make anything of ourselves. It even takes courage to live in peace.”



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