

David Sheff

Quotes

Addiction, Children, Problem, Kids, Self, Recovery, Alcohol, Order, Innocent, May, Mistake, Cures, Emotional, Loved Ones, Causes, Sublime, Ideas, Parent, Obsessed, Drug Use

Anyone who has lived through it, or those who are now living through it, knows that caring about an addict is as complex and fraught and debilitating as addiction itself.

~David Sheff

I didn't cause it. I can't control it. I can't cure it.

~David Sheff

How can both Nics, the loving and considerate and generous one, and the self-obsessed and self-destructive one, be the same person?

~David Sheff

A world of contradictions, wherein everything is gray and almost nothing is black and white.

~David Sheff

I'm not sure if I know any 'functional' families, if functional means a family without difficult times and members who don't have a full range of problems.

~David Sheff

The hopeful part about that is when you do have that help, you will feel better. It still doesn't make this easy. Nothing makes this easy, but you can make better decisions.

~David Sheff

An alcoholic will steal your wallet and lie to you. A drug addict will steal your wallet and then help you look for it.

~David Sheff

We deny the severity of our loved one's problem not because we are naive, but because we can't know.

~David Sheff

Wherever you be, wherever you may, seek the truth, strive for the beautiful, achieve the good.

~David Sheff

How innocent we are of our mistakes and how we responsible we are for them.

~David Sheff

Along with the joy of parenthood, with every child comes a piercing vulnerability. It is at once sublime and terrifying

~David Sheff

Openness is the first step toward recovery... addiction remains a secret because of the overwhelming shame associated with it.

~David Sheff

I am becoming used to an overwhelming, grinding mixture of anger and worry.

~David Sheff

Here's a note to the parents of addicted children: Choose your music carefully...There are millions of treacherous moments.

~David Sheff

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