I am a person, not an illness

Pat Deegan
I will live my life, not my diagnosis.

Pat Deegan
The goal of recovery is not to become normal.

The goal of recovery is to become the unique, never to be repeated individual that each and every one of us are.

Pat Deegan

https://commongroundprogram.com
Mis sueños son las estrellas que guían mi viaje de recuperación.

Confiaré en que mis sueños me guiarán.

Pat Deegan
Soy una persona, no una enfermedad

Pat Deegan
My dreams are the stars that guide my journey of recovery.

I will trust my dreams to lead me.

Pat Deegan

https://commongroundprogram.com
For some, recovery means having a job, a paycheck and a date on a Friday night.
Recovery is not a story of going back to who I used to be.

It’s a story of becoming something new.