

Recipe for Adoption Success



2 cups of conversation, it's good to talk about your feelings.

1 cup of listening to what your inner voice is saying.

3 cups of honesty, be honest with yourself.

½ cup of reality, be clear with your expectations of yourself.

1 tsp. of help, don't be afraid to ask for counseling.

1¼ cup of feelings, yours not your parents or friends.

1 cup journaling, writing down your thoughts.

1 cup of planning, your adoption, your choices.

3 cups understanding, that you will have good days and bad.

3 tsp. each of long term goals and support,

a pinch of grief, it's normal.

Adoptive Parents, hand picked.

A Lifetime of Pride, in yourself and your decision.

Mix together conversation, honesty, help and listening. Fold in reality and support.

In a separate bowl mix planning, feelings, journaling, understanding, and grief. Combine the two. Add the long term goals and pride. Pour mixture into baking dish, season for 9 months. Top with love for your child.

The recipe will result in a beautiful gift of success and love, knowing that you have created a wonderful life for your child.