

## **USEFUL ONE-LINERS**

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**“An eye for an eye only makes the world blind” *Mahatma Gandhi***

**“Adults with FASD are only a parent away from homeless” *Jan Lutke***

**Adults with FASD “Pass the tests and flunk life” *Gail Andrew***

**“What would it cost to just change our minds?” *Donna DeBolt***

**“If the brain was so simple that we could understand it, we’d be so simple that we couldn’t” *Anonymous***

**“Denial ain’t just a river in Egypt” *Mark Twain***

**“Sometimes you can’t un-spill the milk” *Judging Amy***

**“The problems that we face cannot be solved by the same level of thinking that created them” *Albert Einstein***

**“FASD is not who I am, it’s what I have” *C.J. Lutke***

**“Moral imagination is what it takes to change the world”  
*Anonymous***

**“There are no bad people, just bad rules” *Virginia Satire***

**“What I do is ME; for that I came” *Anonymous***

**“My child’s biggest handicap is society’s insistence on autonomy” *Jo Nanson quoting a parent of an adult with FASD***

**“Life can only be understood backwards, but it must be lived forwards” *Kierkegard***

**“Systems see snapshot of my child – I live the movie” *B.C. parent of adult with FASD***

**“We see what we look for; we look for what we know” *Goethe***

**“The only statement about alcohol use in pregnancy that is absolutely true: No alcohol use equals no risk” *Sterling Clarren***

**“There is no justice system – there is a *legal* system” *provincial court judge talking about FASD***

**“People are born with disabilities, but it is society that handicaps them” *Ontario parent of adult with FASD***

**“It’s not the behaviour; it’s the *meaning* you attribute to it” *Anonymous***

**“People with FASD are not “broken” and do not require “fixing”; they do require the recognition and support to be the whole person they *are* and *always* were” *Jan Lutke***

**“Not to decide *IS* to decide” *Jean Paul Sartre***

**“Sometimes, it is a whole lot easier to ask for forgiveness than to ask for permission” *Anonymous***

**“It ain’t over til it’s over” *Yogi Berra***

**"You cannot create experience. You must undergo it" *Albert Camus***

**"He who wishes to talk well must first think well" *Anonymous***