

fresh fables

# The Dragon Who Lives at Our House

A story of  
what it feels  
like to lose  
control of  
your life



BY ELAINE MITCHELL PALMORE  
ILLUSTRATED BY NORRIS HALL

Dedicated to my children, Matthew and Claire,  
husband Larry, sponsor Susan,  
and the Countless Others  
who loved me when I could not love myself.

The Dragon Who Lives at Our House

Written by: Elaine Mitchell Palmore

Illustrated by: Norris Hall

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When Al first came home with Dad, he was harmless and fun, but it soon became apparent that what seemed like fun could quickly get out of control. This story is a help to anyone trying to understand or discuss the heartbreak and hope of a family dealing with substance abuse or any life-controlling issue.

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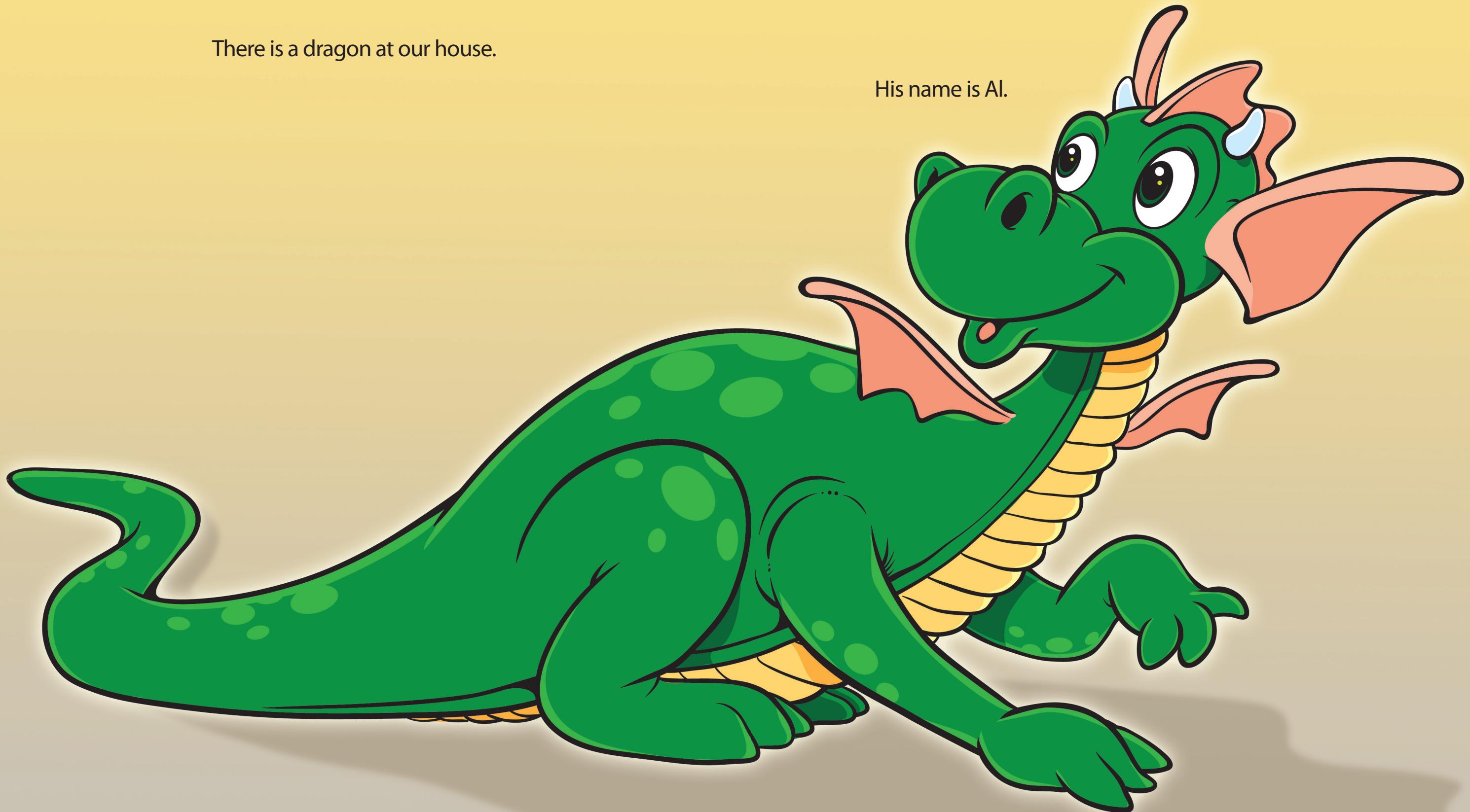
BY ELAINE MITCHELL PALMORE  
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RISINGSTAR  
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There is a dragon at our house.

His name is Al.

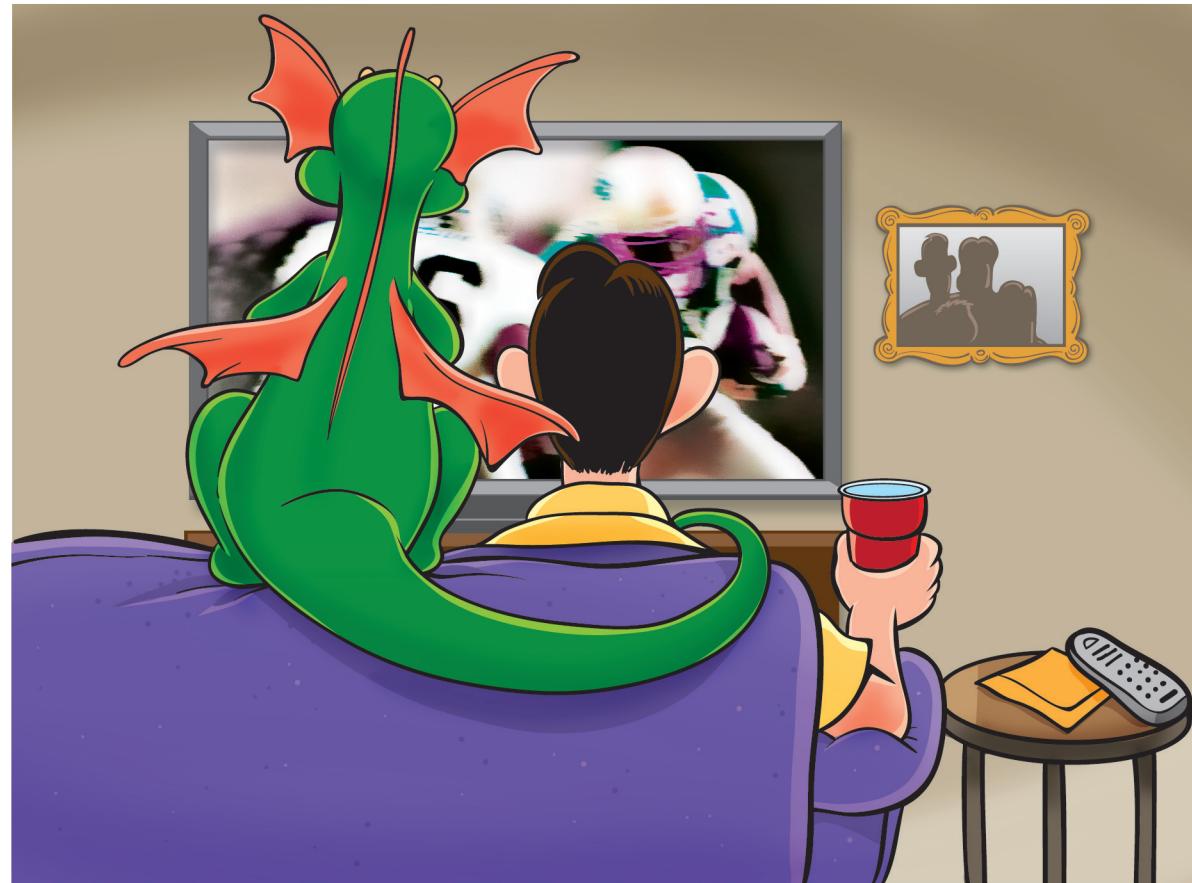


When Al first came to our house he was a visitor.

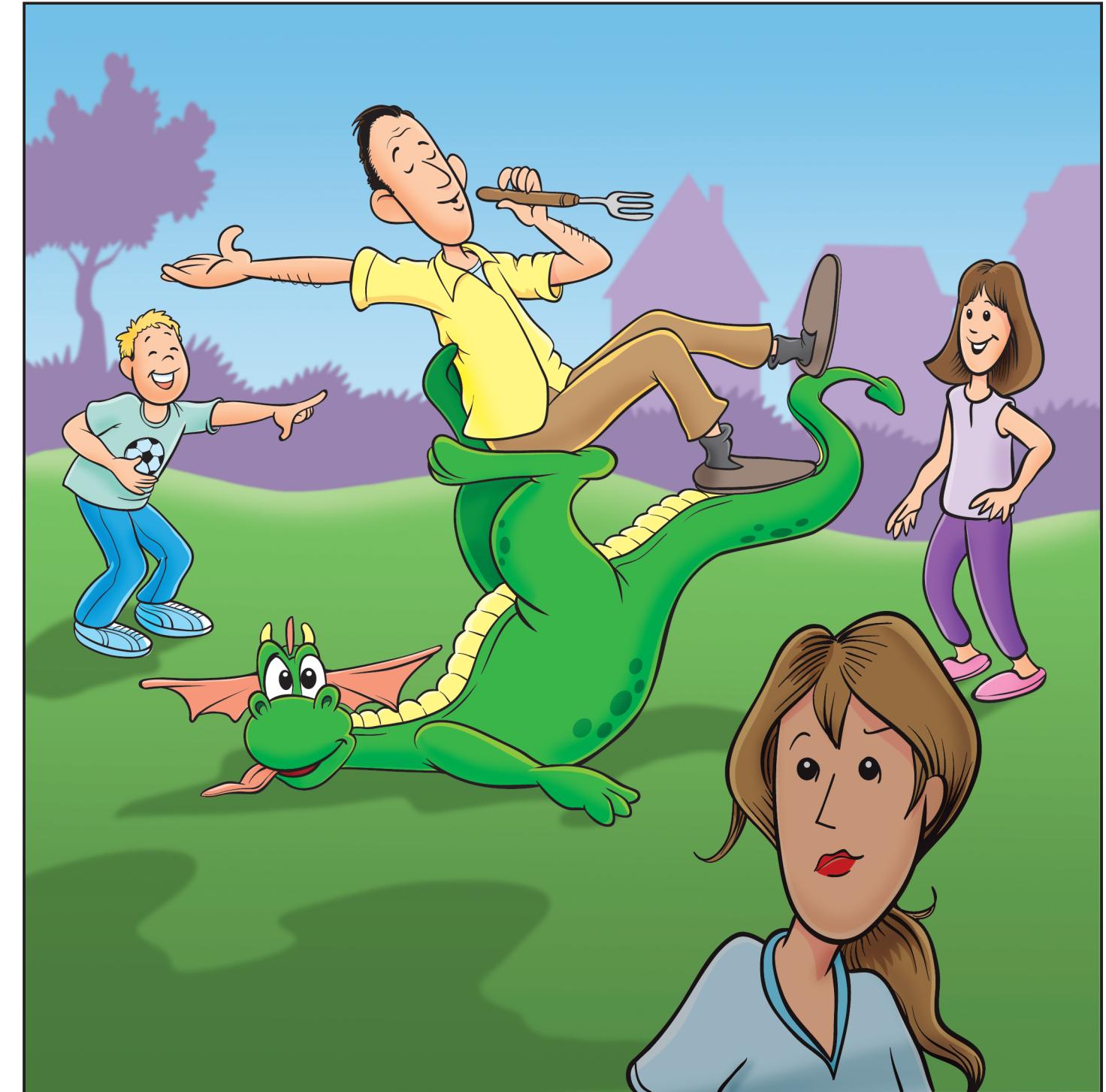
He came for backyard barbecues.



It was not long before Al and my Dad became great friends.



Al was at our house more often and even went to work with Dad.

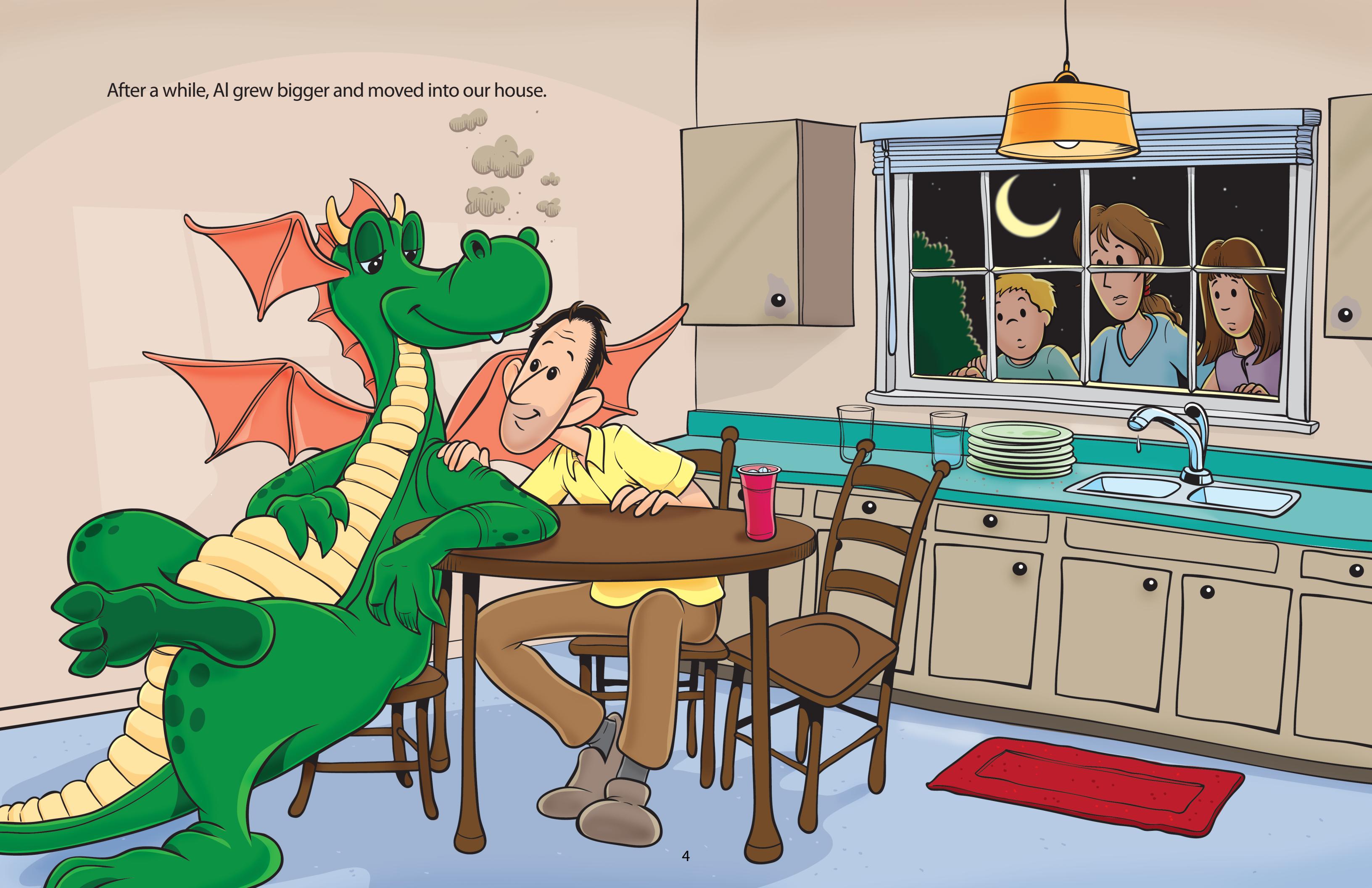


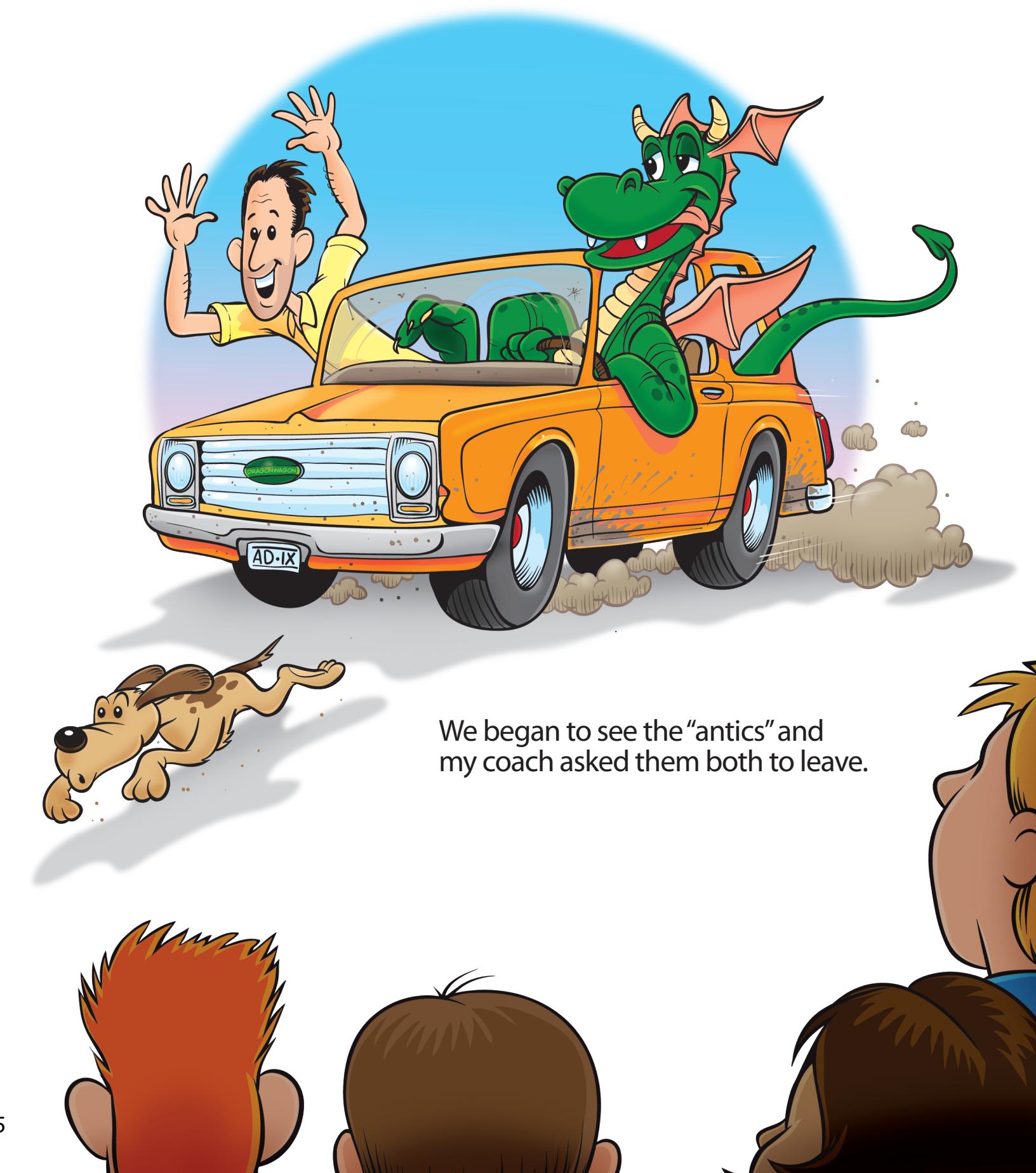
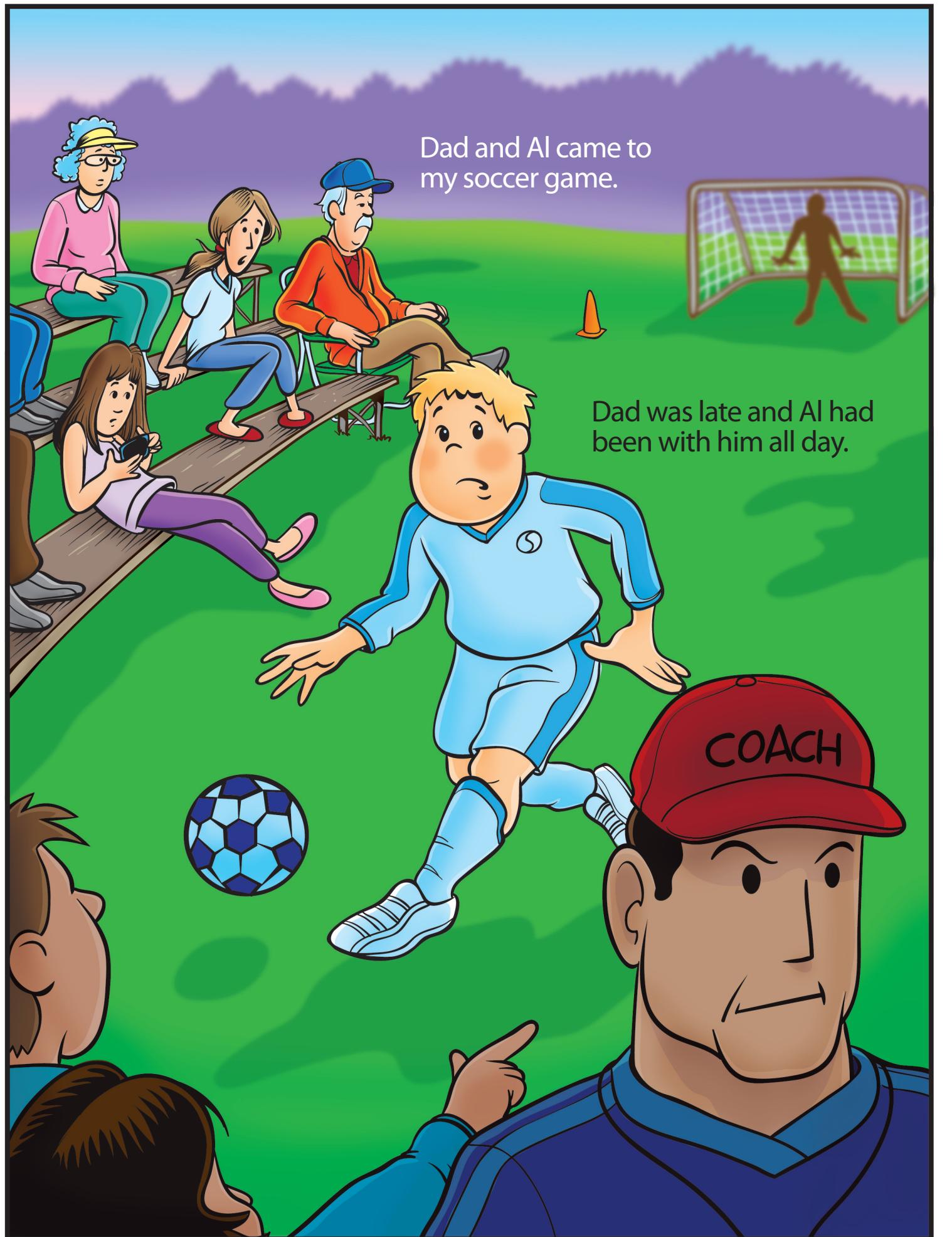
My Dad and Al made us all laugh.

My Mom called the way Dad and Al acted "antics."

Al made Dad feel happy.

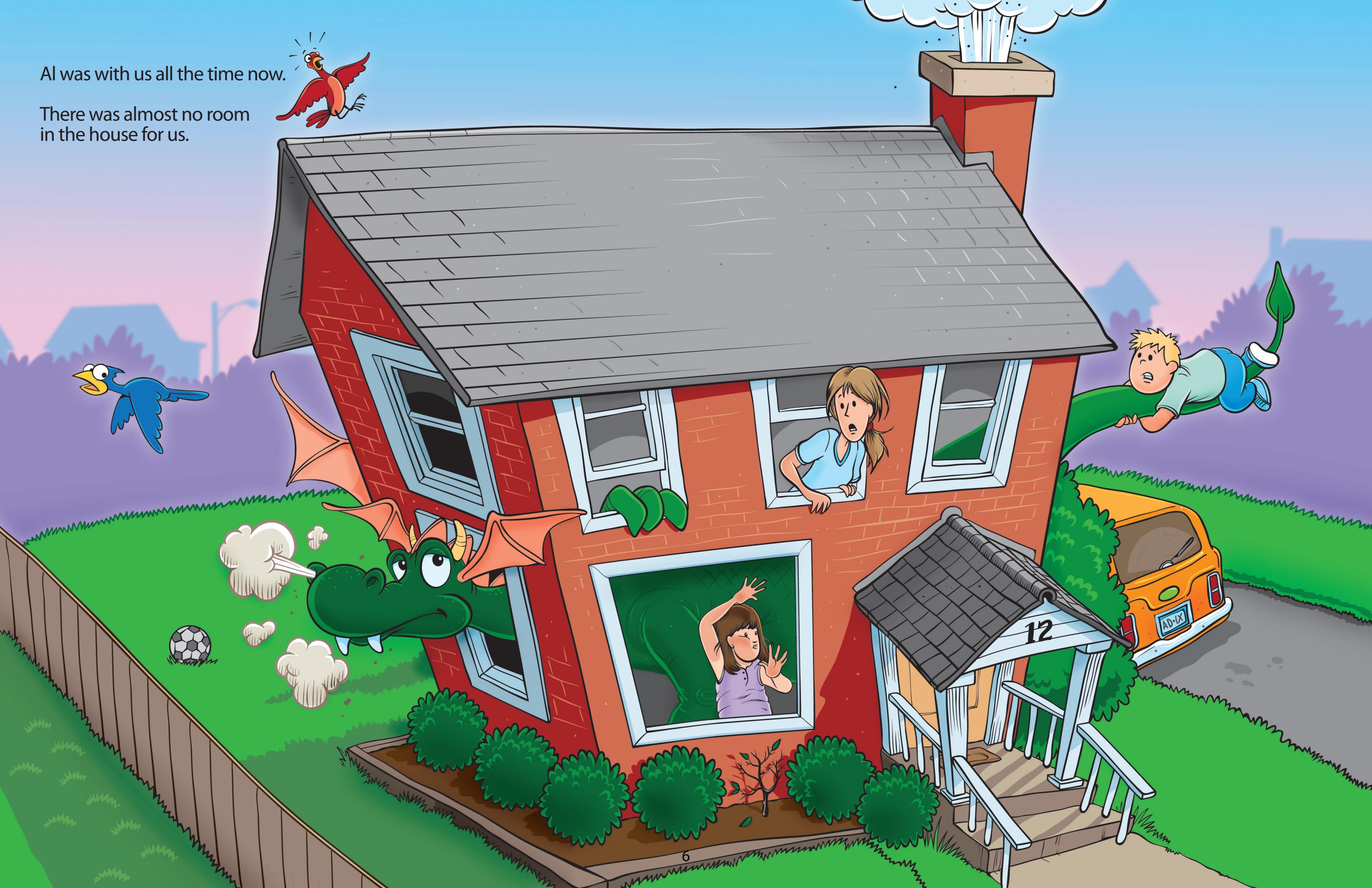
After a while, Al grew bigger and moved into our house.





Al was with us all the time now.

There was almost no room  
in the house for us.



Mom told us at dinner last night that even  
though Dad is with Al most of the time  
he still loves us.





Mom has a plan for the times  
when Dad and Al get too rowdy.

We go to the neighbor's house  
or to our Granny's house far away.



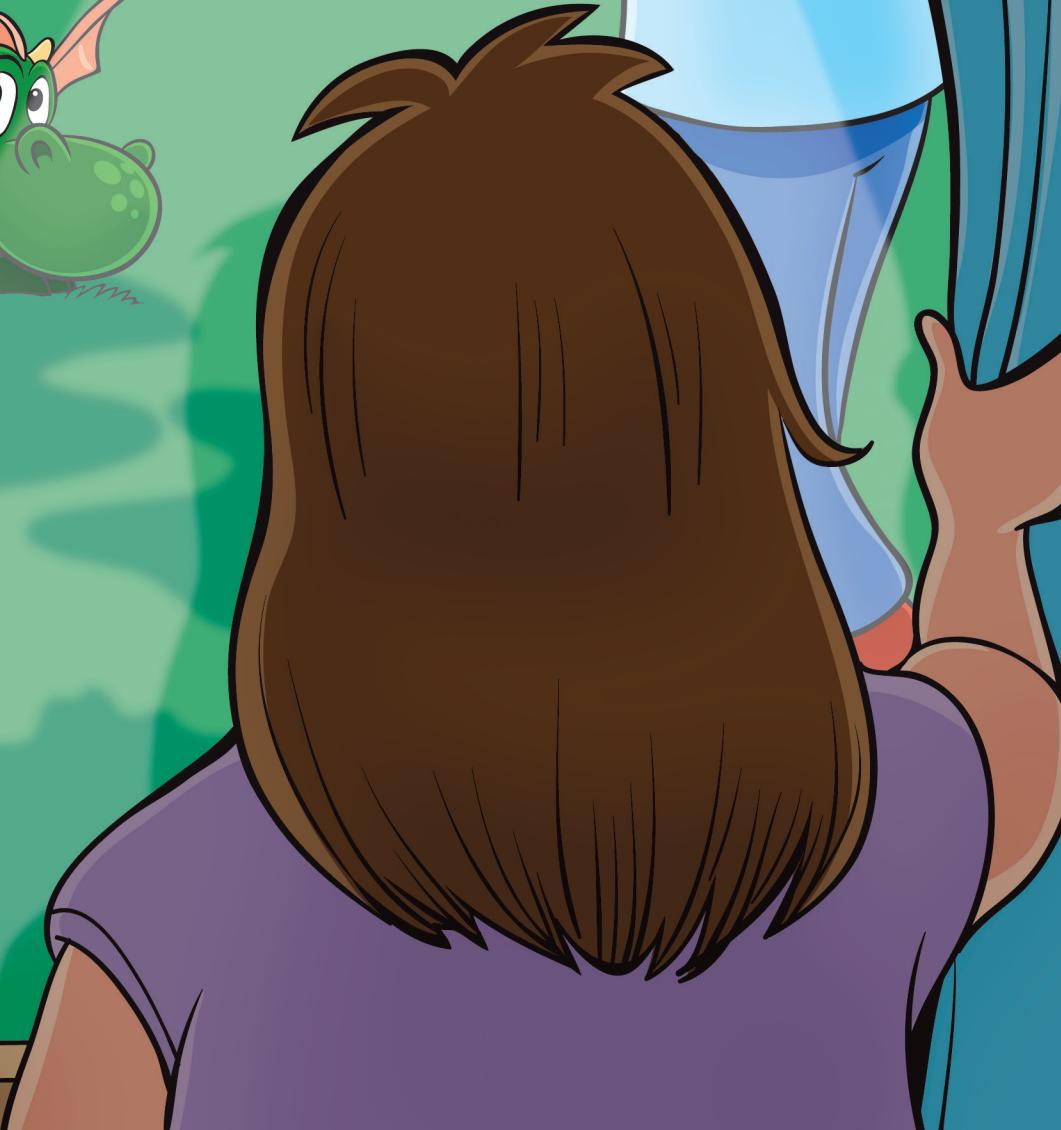
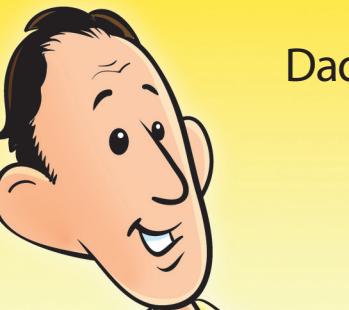
This morning, Mom  
made an  
announcement:  
**ENOUGH!**

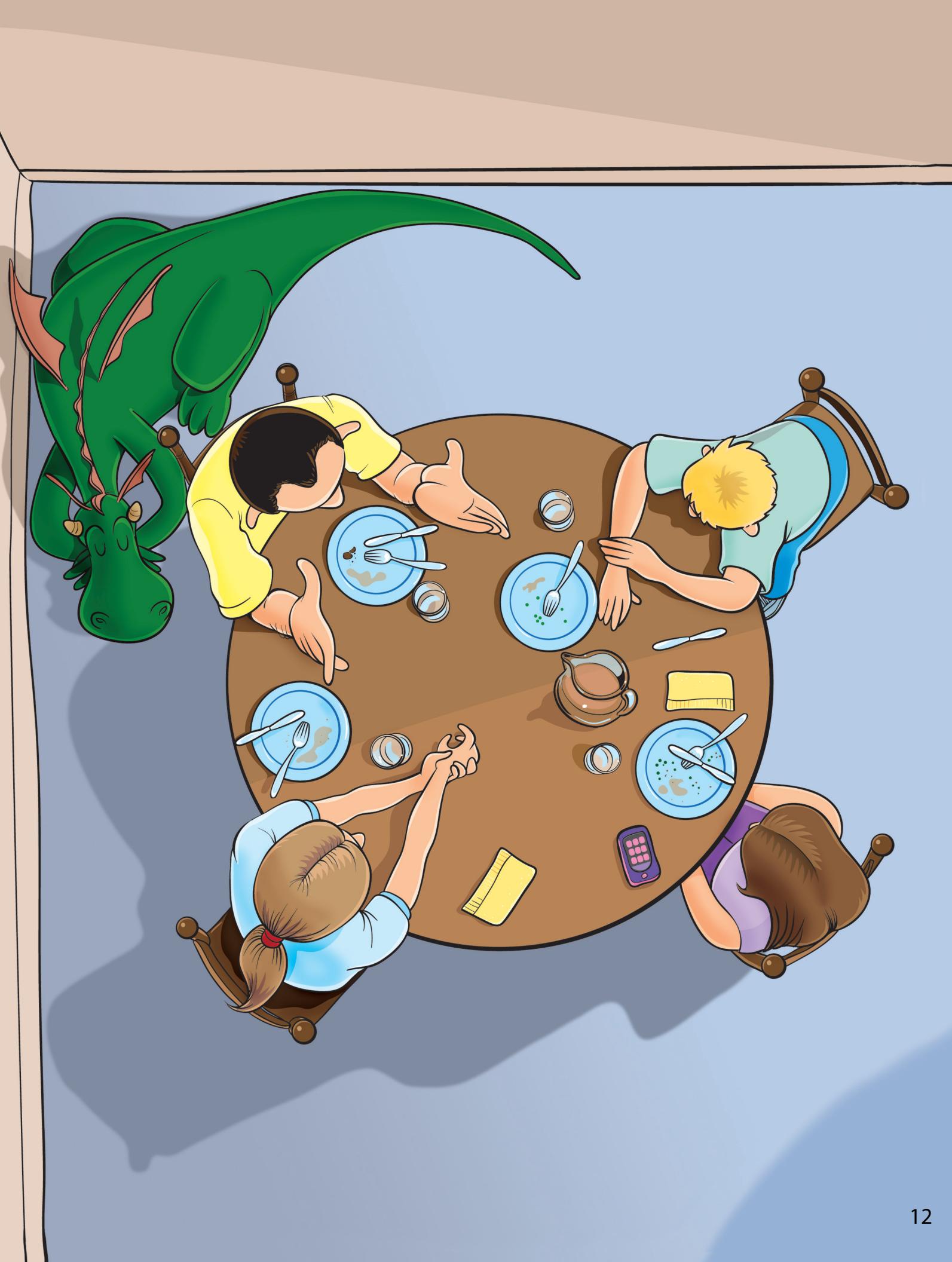
Phone calls were made.  
In the afternoon  
some men came to  
talk to Dad and Al.  
They had dragons,  
too. The men asked  
Dad and Al to come  
with them to a place  
called "Treatment."



Dad, a smaller Al and a guy called a sponsor are dropped off at our house by the treatment van.

Dad looks better than before.





Dad explained to us that  
Al the Dragon will always be with us.

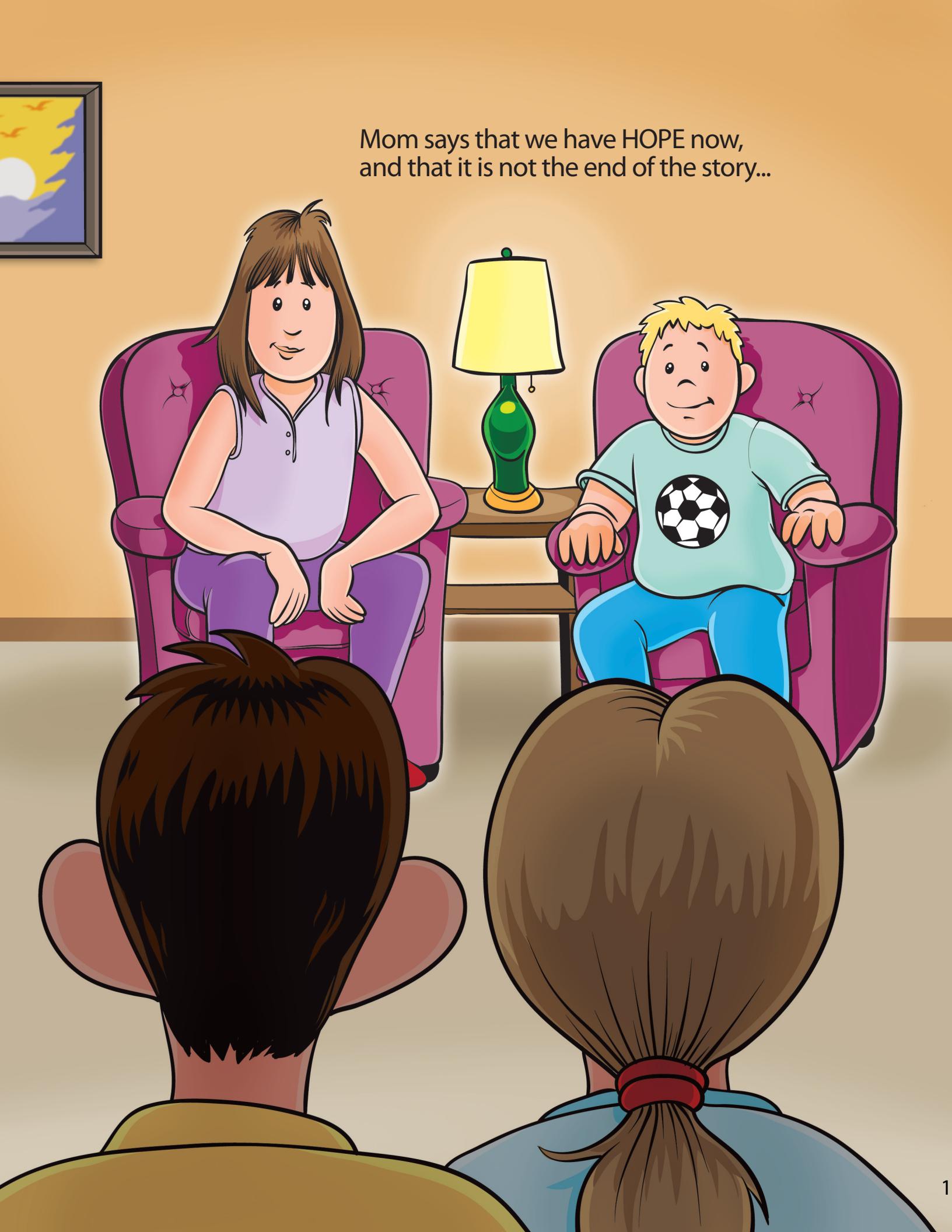
He says he has to work a few simple  
steps to make sure Al doesn't take  
over our lives again.



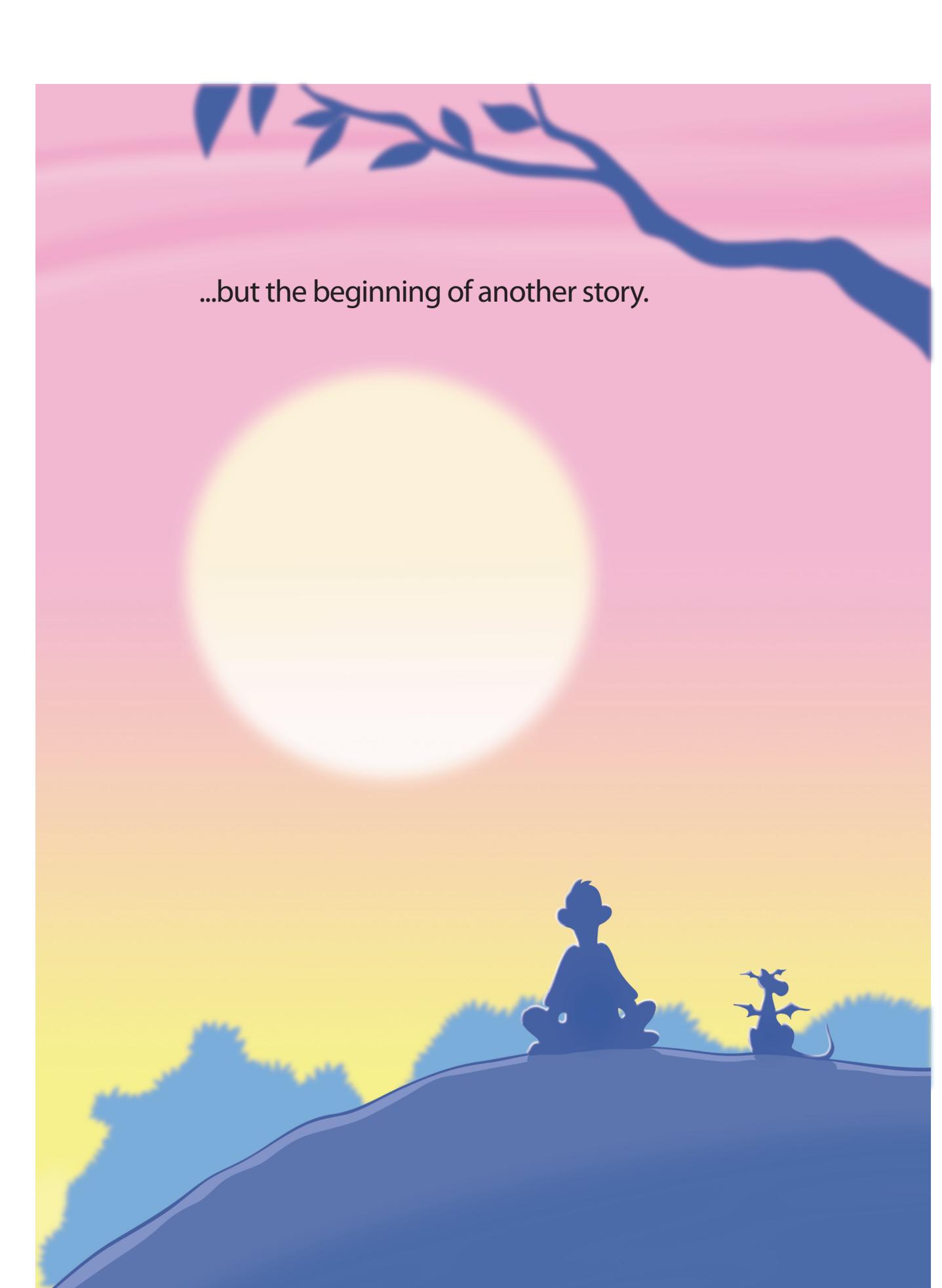
Dad's new best friend is his sponsor.  
The sponsor has a dragon, too.

They go to meetings.





Mom says that we have HOPE now,  
and that it is not the end of the story...



...but the beginning of another story.

## Afterword

As you read this book with/to someone who has been affected by a situation like the one depicted in The Dragon Who Lives at Our House, there will probably be feelings of abandonment, anger, confusion, frustration, and grief, perhaps with a large dose of self-pity thrown into the mix. There will also be the ever-present questions of: Why me? Why can't they stop? Why do they continue to embarrass me and themselves? Why can't we be like other families? This book was not written to solve any of these issues; it was written to open up a dialogue.

There is a solution, but not one solution that will fit everyone's needs. I do not know what the solution is for you, but what I do know is it is very important to not go through this alone. I encourage you to share your story with a trusted friend, counselor or anyone with whom you feel safe. You will soon discover there are so many others who have gone through a similar situation and there is so much wonderful help available. We have resources listed which may create a starting point for you, your family or any other person who can identify with these types of issues. Please use these resources with our blessings and know that there is hope.

-Elaine Mitchell Palmore

To view these resources visit  
**[www.freshfables.com](http://www.freshfables.com)**