



**HOPE: “Hold On Pain Ends”** - This is a group activity using a brief (< 20 minute) video interview with some follow up questions focused on the important topic of building **HOPE in recovery**.

Directions: Watch the following video recovery interview and discuss the follow up questions below as a group:



<https://youtu.be/VqDTGWJdHnM>

1. In the video, Megan mentions some personal factors that may have contributed to her eventual addiction. Can you **IDENTIFY** with any of these issues yourself? If yes, how so? *Some examples:*
  - a. Family environment as a child
  - b. Self-esteem issues
  - c. Lack of goals/direction in life
  - d. Thoughts/beliefs of being in control when things really are getting out of control
  - e. Other? Was there any other part of Megan’s story or recovery that you identify with?
2. Megan touches on some of the lessons she learned along the way on her recovery journey. What are some lessons that you have learned so far?
3. At the end, Megan emphasizes the importance of HOPE, *n. - the feeling that what is wanted can be had or that events will turn out for the best:*
  - a. What do you think of the idea of “Hold On, Pain Ends”? Can you apply that in your own life?
  - b. Megan was eventually able to make build a successful career focused on helping others. What are some things that you hope for in your personal journey?
  - c. Who and/or what gives you hope or helps you sustain hope for a better future?
  - d. How can this group help each other build and maintain hope?
4. What is at least one positive thing you are going to take away from today’s discussion?