Session 3: Two Ways of Being Lost

Duration: 60 minutes • Recovery education group. Ensure all participants are seated and ready

Materials: Index cards and pens; workbooks; the Session 3 handout (Hope Anchor Card)

Learning objectives — by the end of this session, participants will be able to:

- Describe both patterns' forms of being lost
- Identify which pattern is closer to their own today
- Name one concrete reason for hope that does not depend on their feelings

Opening (3 minutes)

Newcomer bridge (60 seconds): This is Phase 1 — Foundation. The one idea today is that there are two patterns of being lost — running far, and staying and disappearing quietly — and a hope anchor that does not depend on feelings. You are welcome here without earlier sessions; everything you need for today is in this session. Two patterns of being lost are described in this session: the pattern of running far, and the pattern of staying and disappearing quietly. Neither pattern is the whole person, and the hope anchor in this session holds for both.

Check-in prompt (8 minutes)

Name, craving 0–10, one word for your week — then: “Which pattern is closer to yours today — the one who ran far, or the one who stayed and disappeared quietly?” Log every craving score on the roster.

Passing is honored — you may pass any question, prompt, or practice without explanation, step out and rejoin, and choose a partner-only option where one is offered.

Teaching (20 minutes)

The opening sessions close by widening the picture. Some participants ran far and visibly; others stayed, worked, complied — and drank or used in secret, or grew bitter at everyone who seemed forgiven too easily. Both patterns separate a person from home and from help. Hope in this program is not a mood. It is a claim about reality: what was lost can be found, people do come back, and no one has used up their welcome. 'Lights on at home' means someone is home, waiting, and glad you came — a person, a place, or a second chance.

- **Lost far and lost near** Rebellion and resentment are both distance; recovery addresses the distance, whatever form it took.
- **Your story is not the worst thing here** Shame says my chapter is the unforgivable one.
- **Home includes work and welcome** Recovery is not only stopping — it is being restored to a place, a family, and a purpose.

Sources & Evidence — Facilitator background — do not teach

The Cochrane review found manualized Alcoholics Anonymous / Twelve-Step Facilitation interventions produced higher rates of continuous abstinence than other established treatments for alcohol use disorder (Kelly et al., 2020); peer and community support are core dimensions of recovery (SAMHSA, 2012; White, 2008). Key sources for this session: Kelly, Humphreys, & Ferri (2020); White (2008); Zemore et al. (2018); SAMHSA (2012). Evidence strength: Strong for mutual-help abstinence outcomes;

moderate for peer support generally. Spiritual practice: Conversational prayer and hope — correlates with hope instillation and support activation; evidence: Moderate (Yalom & Leszcz, 2020; SAMHSA, 2012). Full citations: Appendix H. The session's Scripture material is in its optional handout (Appendix I), as theological foundation, quoted from the King James Version.

'Evidence strength' grades the correlated mechanism, not the spiritual practice itself

Pause midway through teaching: ask, "What part of that sounds most like your life right now?" Take two or three answers, connect them to the teaching, and continue. Teach in your own words — the bullets are your map, not a script to read aloud.

Discussion questions (10 minutes)

1. Where has resentment shown up in your recovery so far?
2. What is one sign of 'lights on at home' in your life right now — a person, a place, a second chance?
3. What would you say to someone entering this program next week who believes they have gone too far?

Skill practice (12 minutes)

Each participant writes a 'hope anchor' card: one sentence of hope in their own words (not a slogan), plus the name of the person they will read it to when hope feels thin. Cards stay in workbooks; facilitator invites — never requires — two volunteers to read theirs aloud.

Personal application — homework (5 minutes)

Read your hope anchor every morning this week. Do one small act that belongs to the person you are becoming — make a bed, keep one appointment, make one honest call — and note it in your workbook each evening. Participants write it in their workbook before leaving. Facilitator: name the homework again at the door as people leave.

Facilitator notes and cautions

Do not let this session become a debate about other people's forgiveness ('my family will never…'). Acknowledge the grief honestly — some doors take years, some stay closed — and anchor hope where it belongs: in the welcome this program and community actually offer, and in the life being built now, not in a guaranteed outcome with any one person. The Workbook forgiveness question is workbook-writing only (not group discussion), and passing is honored.

Closing (2 minutes)

Hope here is not a mood; it is a plan with a name on it. Read your anchor every morning this week, and do one small act that belongs to the person you are becoming. Next week: we map the addiction cycle itself.

Fidelity check for this session: objectives named at the start ☐ craving scores logged ☐ skill practice completed in full ☐ homework written down by participants ☐ session note filed today ☐