Session 3: Two Ways of Being Lost

PHASE 1 — FOUNDATION: SURRENDER AND STABILIZATION (WEEKS 1–2) · WEEK 1 — COMING HOME

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 3 handout (Hope Anchor Card) — in the Handouts Packet.

What we're learning

People get lost in more than one way. One person runs far away — leaves, uses, burns bridges. Another stays, works hard, does everything right on the outside — and grows bitter and hard-hearted, especially when someone who ran gets welcomed back. Both are distance, just in different forms. Hope is for the person who ran, and for the person who stayed and got hard-hearted. Neither one is too far, and neither one is left out.

- Lost far and lost near Rebellion and resentment are both distance; recovery addresses the distance, whatever form it took.
- Hope is not optimism Optimism says things will probably work out. Hope is a reason to keep walking on the days we feel nothing — a person expecting us, a place that will take us back, a next step we can actually take.
- Your story is not the worst thing here Shame says my chapter is the unforgivable one. In this room, no chapter puts a person beyond help, honesty, and a way back.
- Home includes work and welcome Recovery is not only being received back — it is being restored to a place, a family, and a purpose. Welcome and work both belong in the plan. 'Lights on at home' means someone is home, waiting, and glad you came — a person, a place, or a second chance.

Goals for this session

☐ I can describe both forms of being lost — running far, and staying while growing resentful

☐ I can identify which pattern is closer to my own today

☐ I can name one concrete reason for hope that does not depend on my feelings

Check-in

Which pattern is closer to yours today — the one who ran far, or the one who stayed and disappeared quietly?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Whose forgiveness do you find hardest to believe in — a family member's, or your own? What would change if it were real?

2. Where has resentment shown up in your recovery so far?

3. What is one sign of 'lights on at home' in your life right now — a person, a place, a second chance?

4. What would you say to someone entering this program next week who believes they have gone too far?

Session 3 — Skill Practice

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.

My hope anchor — one sentence of hope in my own words:

The person I will read it to when hope feels thin (name):

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ 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.

My log for the week:

Day / date	What happened — what I did	Notes

An optional Scripture handout for this session is available from your facilitator on request.