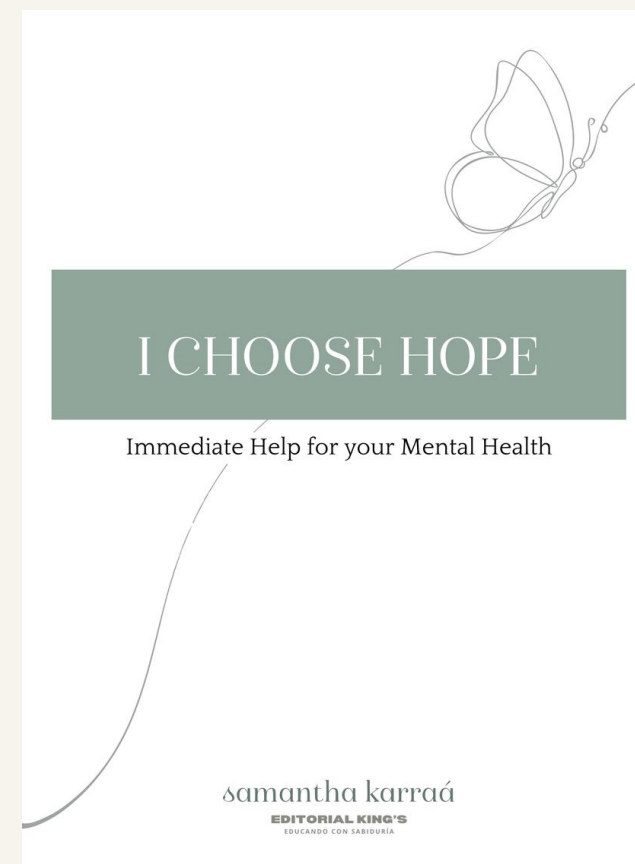





I CHOOSE HOPE

A 14 Week Long Journey through the 7 Recovery Principles of
Fresh Hope



Community Guidelines

Key Elements for a Safe and Hope Filled Space



Confidentiality

What is said here stays here



We don't give Advice

We listen without judging. We share from our experience.



We are Peer Support

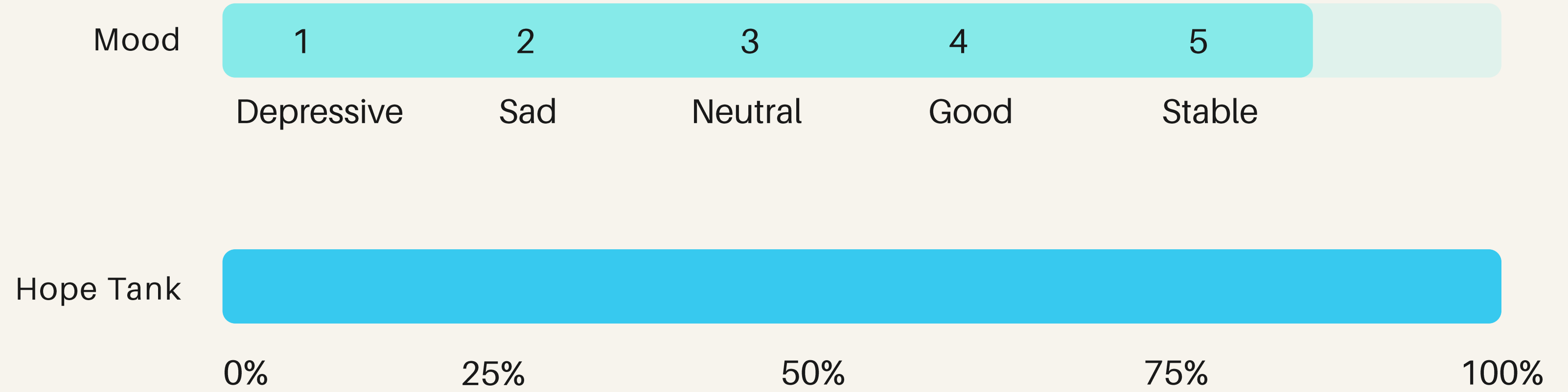
We do not replace medical or professional help.



Language of Hope

We don't just vent. We seek to move forward.

Check-In



PRINCIPLE

1

ACCEPTING



My life is affected by a mental health issue and it can become unmanageable and hopeless especially if I ignored or untreated. Therefore, I choose the help and support of others to overcome struggles and find more joy in life.

My loved one's mental health challenge has also left me feeling helpless and hopeless. Therefore, I choose the help of others to learn about the disorder and choose healthy boundaries for myself.

Together, we have understanding. We remind each other of the love of the Lord, and that He alone can do all things. He is the Source of our hope and in Him we can overcome all things.

"I can do all things through Christ who strengthens me." Philippians 4:13 (NIV)

Blue Paragraph: Person with diagnosis
Green Paragraph: Loved One
Black Paragraph: Working it together
Red paragraph: The verse that accompanies the beginning of the paragraph

PRINCIPLE

2

THE DOMINO EFFECT



My mental health challenge has also affected my relationships and the lives of those around me. Therefore, I choose to overcome both for my own sake, and for the sake of those who love me.

I have not always responded to my loved one's mental health situation in ways that were good for the relationship.

Therefore, I choose to learn better ways to communicate with, support and encourage my loved one.

Together, we commit ourselves to speaking the truth in love, healing broken relationships and looking at each other as the

Lord looks at us.

"Therefore, let us follow that which contributes to peace and mutual edification."

Romans 14:19 (NKJV1995)

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PRINCIPLE

3

PUSHING THROUGH



My disorder can become an excuse. Therefore, I choose to believe that I can live a full and abundant life in spite of my disorder. I choose the support of people who will push me to "push through".

There are times when I don't understand my loved one and I may either let them wallow in their excuses, or I push them and too hard. Therefore, I choose to learn healthy appropriate ways to contribute to my loved one's recovery.

Together we do better than trying to go it alone. Let's hold each other accountable to learn, grow and choose to push forward in hope.

"Therefore, be encouraged and build each other up, just as you have been doing."

1 Thessalonians 5:11 (NIV)

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PRINCIPLE 4 THERE IS HOPE



My disorder can lead me to feel hopeless. Therefore, I choose to believe, no matter how I feel, that there is help and hope for my physical, emotional, psychological and spiritual well-being.

There are times when I too feel hopeless, allowing my loved one's actions and recovery to define my happiness.

Therefore, I choose to live with healthy emotional boundaries, and I choose my own joy despite my loved one's ups and downs.

Together we remind each other that our hope and joy come from the Lord. He alone can fulfill our needs in every aspect of our lives.

"Because I know very well the plans I have for you.
-The Lord affirms, "plans of welfare and not of calamity, in order to give them a future and a hope".

Jeremiah 29:11 (NIV)

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PRINCIPLE

5

IS A CHOICE:
ELÍGELA!

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Although medicine is a key component in my recovery, it is not the only answer. Therefore, I choose to explore new ways of thinking and acting in my relationships and daily life.

I too have been part of the dysfunctional cycle of living, either thinking that I had all the answers or thinking that the problem did not belong to me. Therefore, I choose to submit myself to learning new behaviors and taking responsibility for my own healthy and balanced living.

Together we choose freedom over suffering, and joy in living through self-knowledge in action.

"Casting down arguments and every high thing that exalts itself against the knowledge of God, and bringing into

captivity every thought to the obedience of Christ."
2 Corinthians 10:5

PRINCIPLE

6

LIVING A LIFE OF ABUNDANCE: IN SPITE OF THIS



At times I have allowed myself to become a victim "defined" by my disorder. Therefore, I choose to overcome and live in hope and joy, despite my disorder.

At times, I have seen myself as a victim of my loved one's behavior and disorder, causing resentment, anger, and lack of forgiveness or self-compassion. Therefore, I choose to separate the disorder from the person I love, forgive, and let go of the past, and live as a contributor to a successful recovery.

Together, we share in each other's victories and celebrate the whole person.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

2 Timothy 1:7

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PRINCIPLE

7

RELEASING WELLNESS



At times, my mental health challenge has caused me to focus only on myself and my needs, leading me to believe the lie that I don't have much to offer others. Therefore, because focusing on others will help me grow, I choose to give back by sharing my story with others, so that my past pain can provide insights for someone else's journey to live well.

I too have focused on my loved one's situation and how it has affected me. I can easily become so consumed by our problems that I fail to see those around me who would benefit from what I have learned. Therefore, I choose to give back by looking for opportunities to help others by sharing my knowledge and experiences.

Together we recognize that sharing helps us and others to heal. Sharing helps us find our voice and becomes empowering as we see our pain redeemed by the Lord. In sharing, it helps us reaffirm our own hope while giving hope to others.

"He comforts us in all our difficulties so that we can comfort others. When others go through difficulties, we will be able to offer them the same comfort that God has given us."
2 Corinthians 1:4 (NTV)

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THE HOPE PRAYER



“God, grant me the Hope that comes only from You.
Purpose that gets stronger in adversity and
Faith that, in You, I can live a full and rich life in spite of any circumstance.
I receive from You the Patience,
the Joy that Nobody can take away from me
and the calmed and well balanced mind of Christ.
In Jesus’ Name
Amen.”