

LISTENER WORKBOOK

Borrowed Hope

What to Hold Onto Before You Can Believe Again • S2E01

A place to notice where hope is reaching you, what is steady enough to hold,
and who can help carry the cup.

You do not have to force yourself to feel better on these pages. Notice first. Name one
true thing. Let one drop count.

ARRIVE

Borrowed Hope

Where has hope reached you through another person?

Name one moment when someone helped you hold on before you could fully believe again.

It does not have to be dramatic. Small gestures count.

NOTICE

Gather the Drops

Hope often arrives smaller than we expect.

What three small drops of care, steadiness, kindness, or relief have reached you lately?

Do not dismiss them because they were small.

ANCHOR

One True Thing

Positivity and anchoring are not the same thing.

Complete: “The one true thing I can anchor to today is _____.”

Let it be honest enough to hold your weight.

OPEN

Let Someone In

Who could hold part of the cup with you?

Name one person you could let in this week. What is one sentence you could actually say to them?

You do not have to tell the whole story to stop carrying it alone.

HOLD BOTH

Two Things Can Be True

Gratitude and heartbreak can share the same chair.

Complete: "I am grateful that _____ AND I am grieving that _____."

You do not have to choose which feeling is allowed.

ACTION

Your One Drop Today

Choose something small enough to actually do.

What is one anchor, person, practice, or next step you will return to in the next 24 hours?

One honest action counts.

A DROP TO TAKE WITH YOU

Borrowed Hope Is Still Hope

If hope feels thin, let someone else hold a little of it with you. You do not have to force brightness to keep moving.

As long as there is one drop left to hold, there is still something to pour.