

E002 Moving Toward Hope — Discussion Questions

E002 Discussion Questions

Episode: E002 — Moving Toward Hope

For: Tea Sippers community, group study, workshop use

Opening Questions

1. When was the last time hope felt far away from you? What did that season look like?
2. What does "moving toward hope" mean to you, compared to "finding hope" or "having hope"?

Core Discussion

3. The Brewmaster says "Having tools does not mean we always remember to reach for them." Which tools do you forget to reach for when things get hard?
4. What is the difference between rest and giving up? How do you know when rest is the right emotional action?
5. "Hope is not a light switch." What metaphor would you use for how hope works in your life?
6. Which anchors (tea, meditation, gratitude, faith, community, writing, breathing, asking for help) have worked for you? Which ones feel unfamiliar?

Deeper Reflection

7. Have you ever felt guilty for struggling, even when you "knew better"? What would it look like to release that shame?
8. What is one ordinary thing in your life that might contain a drop of hope you have been overlooking?

Closing

9. What is one emotional action you can take today? Not to solve everything, just one drop.
10. How can this group support each other in moving toward hope this week?

Airtable Table: Assets

Asset Type: Discussion Questions

Linked Episode: E002

Status: Complete

