

S2E01 Borrowed Hope — Discussion Questions (v2 Re-Brew)

S2E01 — Discussion Questions

Episode: S2E01 — Borrowed Hope

Season: Two

Use: Small groups, book clubs, support circles, study guides

Opening

1. What does the phrase "borrowed hope" mean to you before hearing this episode? Does it carry any stigma?
 2. The Brewmaster says some seasons open with shaking hands, not strength. What season are you in right now, honestly?
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Borrowed Hope Through Illness

3. Savannah the nurse held the Brewmaster without being asked and said one sentence: "Don't lose hope. Today's treatments are amazing." Has a stranger ever given you hope at a critical moment? What did it look like?
 4. Nina the innkeeper changed the room, noticed what was needed, and prayed without being asked. What "small drops" of hope have you received from unexpected people?
 5. The Brewmaster describes collecting drops until her cup was full enough to support both herself and her husband. How do you fill your cup when someone you love is in crisis?
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Forcing vs. Anchoring

6. What is the difference between forcing positivity and anchoring yourself in one honest truth? Can you think of a time you confused the two?
 7. "Anchoring says: this hurts, and I am still here." Is that enough? Why is it so hard to accept that as a valid form of hope?
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Addiction and Family

8. The Brewmaster says addiction does not announce itself as a generational visitor. It simply arrives. How has addiction (in any form) entered your family across generations?
 9. "MOM: Mother Of a Methhead." What labels have been placed on you (or someone you love) because of someone else's addiction? How did those labels affect your willingness to seek help?
 10. "The more you push, the more they resist." Have you experienced this dynamic? What happened when you stopped pushing?
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Tough Love

11. The Brewmaster calls tough love "abuse and neglect" and says she no longer recommends it to anyone. What is your reaction to that statement? Does it challenge what you've been told?
 12. Is there a difference between boundaries and tough love? Where is the line?
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Who Holds the Cup

13. "Not letting people in is detrimental to hope." Why do people carry pain alone? What are you protecting when you refuse to let someone hold your cup?
 14. The Brewmaster says she felt people just wanted the gossip. How do you discern who is safe to let in?
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Hope Returning

15. "When my daughter read her story at rehab exit and I read mine to her, we both knew: this is hope returning." What does hope returning look like in your life? Is it always dramatic, or can it be quiet?
 16. Hope's Anchor was designed within 48 hours of her daughter's release. What has urgency ever built in your life? What needs are you sitting on that could become something?
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Closing

17. "Gratitude and heartbreak can sit in the same chair." Where in your life is that true right now?
 18. What is one anchor you can commit to returning to this week? Name it out loud to the group.
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Edition: Re-Brew (v2)

Source: S2E01 Borrowed Hope — Enhanced Transcript (Re-Brew)