

Session 4

IN THE SESSION ...

Start the session by explaining that having a sense of hope has been shown to be very important to give direction and momentum to a person's recovery.

- Ask the person what they think about this and allow some time for open conversation.

IN THE SESSION ...

Ask the person whether they have ever come across someone who has appeared to overcome something that was difficult?

- Ask the person to describe this to you and listen to how they talk about the problem, the other person and what they did.
- Was there anything about this person and what they did that they found inspirational?

IN THE SESSION ...

Do they think that some of this person's values or characteristics would be helpful for them to have with them in their recovery?

IN THE SESSION ...

Looking together at Worksheet 4.1, ask the person to read through the list of quotes and see if any of them jump out at them.

- What is it about that quote that feels important?
- What could they do to help themselves remember it?
- Are there any that they really don't like – what is it helpful to take from that?

IN THE SESSION ...

Ask the person if they can think of a time when they have got through a difficult experience in the past. *e.g. a difficult loss, ill health, a period of feeling stuck.*

They don't need to have completely resolved it or done it all themselves. Just think about a problem that they've had that eventually got even slightly better.

IN THE SESSION ...

Is there a quote, a name or a specific characteristic (of themselves or someone else) that the person would like to add to their ladder? It can be cryptic, fun or very serious. Whatever will help the person make use of it in the future.