

Discussion Guide  
to use with recovery songs on  
“Chance to Start Over”

Chance to Start Over

Do you realize that each moment is a chance to start over? Self-pity, shame, and guilt are strong emotions that are part of our disease, and can keep us in our addiction unless we learn to deal with them in a healthy way. Which one of these poses the greatest challenge for you?

God's Time, Not Mine

We can be so impatient when we want things to turn out a certain way - are you realizing that immediate gratification does not bring happiness? Do you believe that God knows what is best for you and when? Are you learning to trust your God in every aspect of your life (not just your addiction), and to be patient?

Let Me Lean On Your Love

Learning to depend on our Higher Power does not always come naturally...it takes practice. How are you doing this today? Doesn't it feel better to know that we don't have to be in control, that we can “let go and let God”?

Trouble

When we are in our addiction we rarely learn from our mistakes – we just do the same things over and over again despite bad results. In recovery we learn to face, deal with, and work through our problems, instead of running from them – this is how we grow. What have you learned from your troubles?

Wild Flowers In The Grass

Many of us are selfish and self-centered before we get into recovery - are you able to see this? When we look to be of service to others and be helpful in all situations, life changes for the better. Do you believe you can make a difference in this world, in small ways?

The Woman I Meant To Be

When we are in our disease the person we have become and who we want to be, seem far apart. Slowly, through recovery, we come closer to whom we want to be. Describe the person you want to become now that you've been given a second chance.

### Finish Line

When we are in our addiction it can feel like dying a slow death, or that we are merely surviving. We all have a moment when we put our drug of choice down and surrender; when we are finished. What does it feel like now that we are on the other side? Do you have hope that life will change? How?

### God Shape Hole (In My Heart)

In our addictions we try anything to fill the void we feel inside – can you see now that these things did not work? In what ways did you try to fill the hole in your heart? When we recover we realize that we have to fill that void with God. What are some actions you can take to put God in your life?

### Everywhere I Go (There I Am)

Before we get into recovery we often are “victims”, blaming others for our troubles. Some of us even try the “geographical cure” - but aren't we the common denominator to all of our problems? Can you see your part in all your difficulties? What are some of the things you see in yourself that you would like to change?

### Trail Of Light

We are never alone - there are people all around us who have walked the road of recovery and they are willing to help those who follow in their footsteps. One day you will share your experience and be able to help others. Who do you know that you look up to in your journey of recovery? Do you see that your liabilities can one day be assets that will help another?

### I Still Miss You

Addictions are hard to overcome...and unfortunately we all know someone we have lost to their disease, or someone we need to let go of so that we may be healthy. Who do you grieve? Do you grieve your drug of choice? Do you trust that God has a better life for you?

### God's Been Good To Me

Gratitude is such an important part of our recovery; sometimes it comes naturally, sometimes we have to work at it. Without it though, we can lose sight of how good things are compared to “back then”. Name some of things you are grateful for since your recovery and write them down so that you don't forget them. How can you show your gratitude?