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## Peer Group Chat

Date: 27/04/23

**Title:** The Power of Possibility

**Description:** Hope and possibility can be a big driver in recovery. However, there may be moments where hope seems “silly” or possibility seems lost, despite both being important. Let’s come together to talk about what hope and possibility means to us and why we hold on to it! After all, you never know what might be waiting for you around the corner.

Meggle	Hello
<b>Amber22 (PSW)</b>	<b>Hey @Meggle :) So glad to see you here again!</b>
<b>TideisTurning (PSW)</b>	<b>Hi There @Meggle :)</b>
Meggle	I love these chats
<b>Amber22 (PSW)</b>	<b>Hey @CloudBerry :)</b>
CloudBerry	hi
Meggle	Hi @Amber22 (PSW) @TideisTurning (PSW) @CloudBerry

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TideisTurning (PSW)	Welcome @CloudBerry! Great to have you here :)
CloudBerry	good to be here :)
Meggle	is @Down2 in the room? they are new here
Amber22 (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about The Power of Possibility.
Amber22 (PSW)	I can see that they are online but they aren't here yet in the room with us @Meggle
Meggle	maybe they dont know how to enter the room
Meggle	Welcome @Down2
TideisTurning (PSW)	Welcome @Down2. Just in time! :)
Amber22 (PSW)	Tonight, Peer Support Workers @TideisTurning and @Amber22 will be facilitating a discussion around the topic of The Power of Possibility. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important that we know how we can utilise the Power of Possibility in our everyday lives. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about having hope and possibility during challenging times.  @Basil, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ ( <a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a> ) or message @Basil. We're looking forward to creating a space where we can reflect and learn more together about The Power of Possibility.
Amber22 (PSW)	Hey there @Down2 :)
Down2	Thanks. I just worked out how to get in here
TideisTurning (PSW)	Hiya @chibam :)

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chibam	Howdy, all! :D
Meggle	hi @chibam
Down2	Thanks Meggle
<b>Amber22 (PSW)</b>	<b>Within this group tonight we'll be talking about: What hope and possibility mean to you Why it might seem silly to hold space for hope and possibility sometimes The benefits and challenges of hope and possibility</b>
<b>Amber22 (PSW)</b>	<b>Welcome! @chibam and @Captain24 :)</b>
<b>TideisTurning (PSW)</b>	<b>Hi @Captain24 :) You made it!</b>
Meggle	hi @Captain24
Gillie1	Hi all
<b>Amber22 (PSW)</b>	<b>Welcome! @Gillie1 :)</b>
Meggle	Hi @Gillie1
Captain24	Hi all
Down2	Hi everone
<b>TideisTurning (PSW)</b>	<b>Hi @Gillie! :)</b>
Gillie1	Hey guys
<b>Amber22 (PSW)</b>	<b>Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @Amber22</b>
chibam	I'm @chibam
Meggle	Hi I am Meggle, coming to you from WA. I have had a happy day
<b>Amber22 (PSW)</b>	<b>Welcome! @Snowie</b>
Gillie1	Hey Chibam
CloudBerry	hi everyone :)
<b>TideisTurning (PSW)</b>	<b>Hi @Shaz51, @Snowie &amp; @TenLetters :)</b>
<b>Amber22 (PSW)</b>	<b>Hey there TenLetters! :) And hey @Shaz51 !!</b>

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<b>Amber22 (PSW)</b>	<b>Hey @bobbie :) </b>
Down2	I'm on the Gold coast. Today was better than anticipated for me ...
bobbie	Hello everyone
Meggle	Hey @Shaz51 @Snowie @TenLetters
<b>Amber22 (PSW)</b>	<b>Hey @Jacques ! :) </b>
Jacques	hello ladies, gentlemen and gender neutral peoples :)
<b>TideisTurning (PSW)</b>	<b>Hi @Jacques Wonderful to see you :) </b>
<b>Amber22 (PSW)</b>	<b>Glad you've had a better than anticipated day! @Down2 :) </b>
Meggle	Hi @bobbie @Jacques
Meggle	Wow huge group tonight
<b>Amber22 (PSW)</b>	<b>Welcome! Alejandro :) </b>
Shaz51	hello @Amber22 (PSW) , @TideisTurning (PSW) , @Basil (Moderator) , hello everyone , soo good to see you all here
Meggle	Hi @alejandro
<b>TideisTurning (PSW)</b>	<b>Hi @Alejandro :) </b>
<b>Amber22 (PSW)</b>	<b>Q1: What do hope and possibility mean for you? Why do you hope? </b>
Meggle	Hope is a good wish for the future. I hope so that I have an sense of optimism
bobbie	It means a brighter future. A life fully-lived. Why do I hope? So I can keep going. Otherwise, life can be quite sad/bad.
Gillie1	hope in possibilities gives me drive to grow and change
CloudBerry	I think its a way of getting through times of hardship
<b>TideisTurning (PSW)</b>	<b>Loving these! @bobbie, what you've said reminds me a little of a quote from Strictly Ballroom I think it is- 'a life lived in fear is a life half lived' :) </b>
Jacques	i hope things will improve for me, i have missed all of my 20's, 30's and part of my 40's due to crippling anxiety, i have never experianced any physical relationship, never had any friends, never had a job. i hope one day i will be able to meet my partner of 6 years. hope is really the only thing that keeps me going.

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Captain24	Hope and possibilities to me means better days ahead. I don't have any hope though
Down2	To be fulfilled
<b>TideisTurning (PSW)</b>	<b>Hope can be hard to hold onto @Captain24 @Jacques.</b>
CloudBerry	@Captain24 mood
Shaz51	Hope and possibilities to me means better days ahead., true @Captain24 , hope things will improve and i think everyone hopes for something better @Amber22 (PSW)
<b>Amber22 (PSW)</b>	<b>Having hope is a challenging thing sometimes, I find it is something that comes and goes for me @Captain24 @Jacques</b>
<b>Amber22 (PSW)</b>	<b>Love that... better days ahead @Shaz51 I always like the idea that I haven't experienced some of my favourite days yet :)</b>
<b>TideisTurning (PSW)</b>	<b>Hope and possibility, for me, are like the promise of maybe or might. As in, maybe things won't always feel this bad. Maybe I'll start to feel better soon. Maybe, the tide will turn. I guess that's part of why I hope, too. Because thinking there is no maybe, no hope, no possibility at all, is pretty dark. I've been there. For me, I feel like I need hope, because it can act as a very powerful driver and fuel the courage I might need to try.</b>
Gillie1	Hope is easy when you are feeling good, and so hard to hold onto when your mood is low
Meggle	When I am in the blackness of depression hope completely leaves me
chibam	Hope is an imagining of a good, worthwhile life in the future. Why do I hope? Beats moping while I wait around for the reaper.
CloudBerry	yeah actually hope is like entertaining the idea that maybe, maybeeee, things won't always be this bad
CloudBerry	and its sometimes just enough to hang in there and see what happens
<b>Amber22 (PSW)</b>	<b>Yes! And sometimes things can be better than we expect @CloudBerry</b>
Down2	Me too @Meggle @Gillie1
Gillie1	BRB
<b>TideisTurning (PSW)</b>	<b>All good @Gillie1 :) See you soon</b>
Down2	That happened to me today @Amber22 (PSW)

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Amber22 (PSW)	Q2: Why might it sometimes feel silly to hope? Would it be helpful to reframe the idea of hope being silly? How could we do this?
Amber22 (PSW)	Love when that happens :) @Down2
TideisTurning (PSW)	Ooh love that @Down2 :) You never know what might be waiting for you around the corner if you just hold on @CloudBerry :)
bobbie	Sometimes, hope feels silly because, I keep having the same problems. It doesn't
bobbie	feel like I'm going forward
CloudBerry	hope doesn't ever feel 'silly' per say for me... more like, useless?
Gillie1	Silly ain't all bad it's when it feels pointless that I worry.
Meggle	I think it depends on my mood a lot. It seems silly to hope when the future looks bleak. Sometimes I cannot even imagine a future for hope to exist in
TideisTurning (PSW)	I've been there and I know the feeling well @bobbie.
Shaz51	very true @TideisTurning (PSW) , @Down2
Amber22 (PSW)	It can definitely feel a little out of place sometimes for me @CloudBerry
Jacques	hope sometimes feels silly for me because society makes me feel like i have fallen way behind on where my life is meant to be, sometimes i wonder if it is even worth holding onto hope.
Captain24	Hope seems silly when there is nothing good in the foreseeable future especially when you don't see a future. Everything always seems the same.
CloudBerry	why hope when there is nothing to hope for
Shaz51	hope may feel silly and wrong at times but we all need hope to carry on
Meggle	I just have to say that right now I am hopeful
Down2	I'm not sure about silly.. sometimes I can't feel it like others have said. Sometimes it feels impossible. So true @TideisTurning (PSW) It's just remembering to keep sight of that corner,
bobbie	I am reminded though, that nothing bad lasts forever. Better times will come by. They always do. The bad feelings don't last forever. Hope helps to keep propelling us forward, no matter how hopeless it might seem. Something about believing being half the battle. I think.

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Amber22 (PSW)	I'm glad you feel that way! @Meggle Hope is definitely something to hold on to @Shaz51
Gillie1	Sometimes and yes I'm stubborn but sometimes hope for me has to be replaced by. This isn't going to be my life. Will!
Snowie	It feels silly to hope because sometimes it is so out of reach for us.
TideisTurning (PSW)	<b>I feel like hope can feel silly when hopes I've had haven't been fulfilled enough times, like a few of you have said. For example, if I get knocked down, manage to get back up, only to get knocked back down again, over and over and over. In terms of reframing hope, I feel like it might be useful to try to remind myself of other times the hope has been fulfilled, the possibility has become a reality or the maybe has become a certain- so the reasons it isn't silly. For me, this includes a few dear loved ones whose existence in the world and presence in my life gives me hope, because when I was younger, having individuals like them part of my life was a mere dream and also knowing there are people like them in the world, which also gives me comfort and reassurance. So, either that or trying to visualise or imagine what that fulfilling hope might look like.</b>
Amber22 (PSW)	<b>That's a great way of looking at it, our experiences are temporary, including the really challenging ones! @bobbie</b>
Shaz51	My Mum always said "IT WILL PASS "
chibam	I don't know about silly, but it's certainly cruel when people exploit others' hopes with false promises of fulfilling them, if the victim does what they want them to do.
Amber22 (PSW)	<b>Aw @Shaz51!</b>
TideisTurning (PSW)	<b>Yes @bobbie! I think it might've been Stephen Hawking who said 'where there is life, there is hope'. Or something along those lines</b>
Alejandro	it's feel silly coz sometimes depends in what we deposit our hope
Meggle	I guess we could reframe the idea of hope being silly by remembering it always exists even when seemingly it doesn
Meggle	doesn't
TideisTurning (PSW)	<b>That makes sense @Alejandro! :)</b>

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bobbie	@TideisTurning you know all the quotes
<b>Amber22 (PSW)</b>	<b>Q3: Why is it important to hope, even when it might seem silly?</b>
bobbie	To Live.
Gillie1	Yes Alejandro Hope has to be attached to something achievable or something you see as achievable or your stuffed. Like hoping your life will be fixed if you win the lotto or something like that.
CloudBerry	to keep going
<b>TideisTurning (PSW)</b>	<b>A few of your shares tonight are helping remind me of some good ones @bobbie! :)</b>
Meggle	Because without hope, life is dreary and bleak. Hope is important to our sense of optimism and the idea of new possibilities
Snowie	Hope=survival
Shaz51	to keep on keeping on
Jacques	when i am at the depts of dispair hope can really be a life saver. it can give me a reason to keep going.
chibam	Hope is to the person with a horrible life what morphine is to a person with bone cancer. It's necessary to mitigate the suffering.
Alejandro	which is the good course of the hope?.....if the ways that i found hope doesn,t have meaning now anymore
Down2	To have 'will' - drive. Haaard sometimes
Captain24	To keep going, I guess.
<b>TideisTurning (PSW)</b>	<b>As I mentioned earlier and as a lot of you have been saying, to not have hope can be pretty dark. In this way, I like to think of hope as kind of like the flame of a candle, providing a light in darkness. If the flame goes out, if hope and possibility are lost, what then? Sometimes, hope is all you have, even when it might feel silly, but if there is no hope, then what else is there? That's why I feel like it's so important, and why I try my best to keep holding on.</b>



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bobbie	I am Hopeful for All of Us. The fact that we are all here tonight means.....WE ARE HOPING RIGHT NOW. I continue to hope for all of us.
Jacques	well said @TideisTurning (PSW)
chibam	I see in a lot of the answers here a lot of how hope gets abused by the powers that be. Okay, hope is a tool that allows you to survive and/or "keep going", (or allows others to manipulate you into doing so) but who says that's a good thing?
Meggle	Thanks @bobbie
Shaz51	well said @TideisTurning (PSW) , @bobbie
Meggle	To survive is the human condition @chibam
chibam	Plenty of people are able to escape that condition, @Meggle
Snowie	John Maxwell wrote Hope dares to give when no one is sharing.
Gillie1	TnmideisTurning can I ask how? My hope is returning but I did loose it for quite a while. How do we hold onto it in the dark times?
Down2	I lit candles (flames) tonight while in the shower @TideisTurning (PSW)
<b>Amber22 (PSW)</b>	<b>Q4: What might holding on to hope and possibility look like for you?</b>
<b>TideisTurning (PSW)</b>	<b>It's tough @Gillie1. We might get into that in a little bit :)</b>
Meggle	To try to keep an optimistic frame of mind no matter how tough things get. It might be useful for me to write something down to remind myself that hope always exists
Snowie	Hope is embedded deep inside of us. Even when we feel like we don't have hope it is there. Sometimes it takes courage to hold onto that hope.
bobbie	Holding onto hope means keep facing my fears, keep dreaming and working towards my dreams. And live as large a life as possible, doing all the things I want to achieve.
Meggle	I find it's really easy to be hopeful when I am happy
Down2	Believing things will work out / get better
Jacques	for me hope is seeing myself with my partner and enjoying what life i have left. being the best partner i can be for her and making her happy. she is my future. my hopes and dreams.

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Shaz51	To try to keep an optimistic frame of mind no matter how tough things get. --- very true @Meggle
bobbie	@Snowie well said
chibam	Q4: Imagining myself with my future wife. Mucking around with our future work crew/work family... Zoning out into the daydream as deeply as possible, until I almost forget the real world around me.
<b>TideisTurning (PSW)</b>	<b>As I mentioned earlier, reminding myself of examples of hope, especially personal ones, like the loved ones I'm privileged to now have in my life. Also, challenging the fear fuelled what ifs' with what ifs that are driven by possibility and maybe, so 'what if the light goes out' becomes but what if it stays on? and what if it shines even brighter than it has been?'</b>
Shaz51	well said @Snowie
Alejandro	Sorry, I'm not understanding how its going , I thought that the reflections about of the matters of the live should to be deep, The hope is important but I believe the idea, is understand how to direct the pathway or the hope , some of the hope could be oriented in the bad way, what is the right way of the hope that we have in our lives....
Gillie1	Sorry I jumped the gun
<b>TideisTurning (PSW)</b>	<b>All good @Gillie1! You were just a little ahead! I'm wondering if others' answers are helping give you some ideas?</b>
Gillie1	yes thanks guys
CloudBerry	uh.. unfortunately the only example I can give for myself holding on to hope is wanting badly to do something reckless or harmful, but waiting until the morning because maybe ill feel better
Meggle	That's a big one @CloudBerry
Gillie1	Cloudberry sometimes that is the most important type of hope I think.
<b>TideisTurning (PSW)</b>	<b>But a good example @CloudBerry, and I feel like it's one that also speaks to your strength and courage :)</b>
CloudBerry	yeah I wasn't really sure if it was appropriate to share

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Snowie	@CloudBerry it takes a lot of courage and hope to wait until the morning. You should be proud of that.
Jacques	i do understand what that is like @CloudBerry i have spent many hours in that situation and supporting my partner through long long nights.
<b>Amber22 (PSW)</b>	<b>Q5: How might hope and possibility impact us when we're going through challenges in our lives?</b>
Down2	part of Hope and possibility to me is finding a kind emotionally intelligent partner that respects me
Meggle	Well if we could hold onto to hope and possibility it could probably improve the situations
Meggle	It could help us get through a tough time
Meggle	like a light in the darkness
<b>TideisTurning (PSW)</b>	<b>With this, I go back to my candle flame metaphor/ analogy- the impact of hope and possibility is the light they can provide in darkness. I'm also reminded of the idea of a lighthouse- which in a storm (or hard time), stands still and provides guiding light (one of a few reasons I have a lighthouse as my picture on Forums)</b>
Gillie1	Maybe hope takes us out of the now? into the possible maybes of the future?
Down2	@Amber22 (PSW) it will make us feel better to remember hope and possibilities
<b>Amber22 (PSW)</b>	<b>Oh I love that way of thinking! @Gillie1</b>
bobbie	It means tomorrow could be a better day, thus helps us in the moment, last a little longer.
Jacques	i guess hope and possibility acts like an anchor for me, a constant when my moods are so erratic. it grounds me and helps see different perspectives on the present.
Shaz51	awwwwww @TideisTurning (PSW)
Captain24	I really need a lighthouse
<b>Amber22 (PSW)</b>	<b>Hope for a better time is a great anchor to have @Jacques The unknown can sometimes be a good thing if it's in the context of hope</b>
Snowie	Hope keeps us going through those tough times. It is like the fuel that keeps us going. It gives us a reason to live.

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Gillie1	Me too Captain24
chibam	Q5: TBH, it's effectively useless without any sort of meaningful direction on how to resolve the "challenge". If your all alone, you can hope that one day you'll have a real family; but if nobody actually explains to you how to make that happen, in 80 years, you'll still be just sitting around hoping.
<b>TideisTurning (PSW)</b>	<b>Would it help to imagine one @Captain24 @Gillie1? Feel free to use my forums pic as a starting point if it'll help :)</b>
Gillie1	Yes it might TideisTurning
bobbie	I think @chibam , hope is different to wishful thinking. Hope propels you into action. At least that's what I think of it.
Meggle	I was just sitting here thinking of changing my forum pic to something more meaningful based on what you said @TideisTurning (PSW)
chibam	@bobbie but you need to know what action your supposed to take
<b>TideisTurning (PSW)</b>	<b>I've heard it said before that hope is like dreaming with a practical component @chibam. I see that point here with what you've said too in terms of you need to know how to make a hope a reality. It doesn't always just happen :)</b>
Gillie1	Hope does need to seem realistic chibam is there something you can hope for that you can see a path to?
chibam	@Gillie1 No
Meggle	Are you ok at the moment @chibam ?
chibam	As okay as ever, @Meggle . Frankly, I don't even know what that word's supposed to mean anymore. I think, as with many things, me and the rest of the world are operating on very, very differant definitions.
<b>Amber22 (PSW)</b>	<b>Q6: What might the benefits of hope and possibility be?</b>
bobbie	@chibam of course. One starts small, by waking up. At least I do. If I don't know the answer, I ask for help. Ive asked a lot. I don't always get the answers. But I keep going. I think that's the point.

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Meggle	A change in direction or a not doing of something as mentioned earlier
Down2	Benefits.. lifting mood
<b>Amber22 (PSW)</b>	<b>A benefit might be being able to see a better future in challenging times</b>
<b>TideisTurning (PSW)</b>	<b>I feel like the biggest benefit of hope and possibility for me is possibly the provision of a reason to keep trying or keep going when things are hard. That whole 'maybe it will be OK', 'maybe it'll be better, just around the riverbend' kinda thing. I look back at some of the hardest times, just after which, something really good happened. If I hadn't held on to the hope and possibility of something good in those times, there's a chance I might not have made it to those good things waiting on the other side. Good things come to those who wait, so the saying goes.</b>
chibam	@bobbie Waking up has rarely been a problem for me. Getting to sleep has always been much more of a challenge; which sometimes leads to problems waking up on time... But waking up, nonetheless
Gillie1	My immediate response to this one is a new puppy (who I've had to put in her crate as she was creating mayhem LOL)
<b>Amber22 (PSW)</b>	<b>Aww!! @Gillie1 Sooo cute</b>
Meggle	Right at the moment I hope my newly planted seeds will germinate.
<b>TideisTurning (PSW)</b>	<b>Awww!! Love it @Gillie1! All for the lovely furry friends!</b>
Captain24	If you can find it, giving you a reason to keep on going and know that there is a brighter future ahead
Snowie	The benefits of hope is surviving each day, even when it feels impossible. Being hopeful does not solve things, nor does it make us happier, but it motivates you to keep going.
Gillie1	Impetus to change or make changes.
Shaz51	aww @Gillie1 loved you putting that about your furbaby in the Gratitude thread on the forum
Down2	@TideisTurning (PSW) that's such a great reminder

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bobbie	Benefits of hopefulness : feeling better and I find I can be a better friend. That really brings me joy. That I can help others.
Gillie1	Energy
Shaz51	for me as a wife and a community guide is to help friends as well as me through these patches
<b>Amber22 (PSW)</b>	<b>That's lovely @Shaz51 :)</b>
Down2	@Shaz51 I didnt know there is a gratitude thread. Where is it please?
<b>TideisTurning (PSW)</b>	<b>What you said about seeds germinating reminded me a little of this @Meggle: "A little time A little hope With a little light you'll never know For a little space For a lot of love Close your eyes and think of Better time, big dreams Open your mind for you to find A little strength inside Stop and rewind"- that one is from a Delta Goodrem song</b>
Snowie	Hope is powerful. It is said that heads that are down can't scan the horizon.
Shaz51	@Down2 , i will tag you to the thread my friend xx
Gillie1	Meggle reminds me of a quote (sorry guys) "Tomorrows Giant Oak was just yesterdays nut that held it's ground"
bobbie	@Snowie I like that one
Shaz51	that is a great quote @Gillie1
Down2	Thanks @Shaz51 xo
<b>Amber22 (PSW)</b>	<b>Q7: Have you ever supported someone to see the potential hope and/or possibility that exists for them? If so, what was this experience like? And/or what do you imagine it might feel like to have hope/ possibility highlighted for you?</b>
<b>TideisTurning (PSW)</b>	<b>That's a great quote @Gillie!</b>

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bobbie	It's quote night
Meggle	I love those @Gillie1 @TideisTurning (PSW)
Meggle	I have been honoured to hold hope for others before until they could hold hope for themselves
Down2	I think this forum certainly supports hope and possibility for us. Thank you
TideisTurning (PSW)	<b>I think I probably have done this a few times. I've come to realise though that you're not always going to know when you've made a difference like this for someone, which is why for myself, I often make a point of telling people when they've helped and made a difference for me. Also because I know for myself what a massive difference this makes for me. The support of others has helped keep the flame alight and, like I mentioned earlier, the existence of certain loved ones, and their presence in my life, has meant more than I can try to put into words- perhaps the impact can be summed by saying I often get a little teary thinking about those people and the hope they've held and/or created for me?</b>
Meggle	I love this forum as a supportive community
Gillie1	It's hard sometimes I love how you put that Meggle I feel like I come across as preaching and I hate that. It's hard when you see someone else's potential but they don't. I'm not good at that.
bobbie	all the feels @TideisTurning @Meggle @Down2
Down2	@Gillie1 like my kids.. trying best to do that for them while struggling at times myself
Shaz51	very true @TideisTurning (PSW) , @Gillie1 learning to support and to encourage friends and family is something to learn along the way , knowing and feeling what to say , when to say something of at time not to say a word but to be there for them xxx
TideisTurning (PSW)	<b>Yes @Shaz51. The mere presence of the right person can be a truly magical thing I feel!</b>
Captain24	I'd like to think I have supported others in finding hope. One the forums and in life.
Amber22 (PSW)	<b>Definitely @Captain24 :)</b>
TideisTurning (PSW)	<b>I've no doubt you have @Captain24. You may just not have known it</b>
Snowie	I have hope highlighted for me every time I look at my kids. They are my hope, my shining light.
Shaz51	ohhh yes @TideisTurning (PSW) , especially our love ones
Meggle	I relate to that @Snowie

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Amber22 (PSW)	<b>Aw that is so lovely @Snowie</b>
Shaz51	you have and is @Captain24 on the forum xx
Amber22 (PSW)	<b>Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?</b>
Meggle	You know I don't know if I learned anything in particular but I do feel really hopeful and I have really enjoyed this chat. It
Meggle	It's something that I will definitely keep thinking about
Gillie1	I'm looking up lighthouse images
Down2	There's hope and possibilities; even if can't feel /see it. Amazing things could be just around the corner
TideisTurning (PSW)	<b>Aww! Yay @Gillie1 :)</b>
Down2	Remember hope and possibility
Captain24	That I'm not alone with not having any hope. That others have been there before.
Meggle	I might change my avatar to an oak tree to symbolise hope
bobbie	I'm thinking of the lighthouse too!
Snowie	Remember hope can be a flickering light amongst the darkness. That there are lots of others that are struggling but still show the strength and courage to carry on.
Down2	Me a flame.. if I can work out how to do it,
Amber22 (PSW)	<b>Those sound great!!</b>
Amber22 (PSW)	<b>Q: Tonight's topic may have brought up some heavy feelings as we talked about having hope and possibility during challenging times. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
Meggle	I have loved this chat! Thanks for running it @Amber22 (PSW) @TideisTurning (PSW) @Basil (Moderator)
Down2	For sure @Snowie
Amber22 (PSW)	<b>I'm so glad you've enjoyed it :) @Meggle</b>
Down2	I'm very appreciative of this chat too



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We're people like you.

bobbie	And that hope can be as simple as an intentional choice. We have choices.
Snowie	I'm going to go cuddle my fur baby, write in my journal and give my kids a big hug.
Shaz51	have to look up my avatar to see what it means @Amber22 (PSW) , @TideisTurning (PSW) , @Basil (Moderator) , think eveyone know my avatar
Shaz51	a great end of the day @Snowie
Gillie1	Thanks guys I'll let puppy out and spend some time with her.
Amber22 (PSW)	<p><b>Here are some further resources we recommend having a look at:</b></p> <p>1 - How hope expands possibility: <a href="https://www.eomega.org/article/how-hope-expands-possibility">https://www.eomega.org/article/how-hope-expands-possibility</a></p> <p>2 - On the process &amp; purpose of hope: <a href="https://www.youtube.com/watch?v=qtOfRSx5KI4">https://www.youtube.com/watch?v=qtOfRSx5KI4</a></p> <p>3 - The psychological basis of hope + how hope can get us through hard times: <a href="https://www.forbes.com/sites/womensmedia/2021/11/02/the-psychological-basis-of-hope-and-how-it-gets-us-through-hard-times/?sh=1ac9d5367fe0">https://www.forbes.com/sites/womensmedia/2021/11/02/the-psychological-basis-of-hope-and-how-it-gets-us-through-hard-times/?sh=1ac9d5367fe0</a></p>
Meggle	I am going to hug my kid and his girlfriend when they arrive and then have dinner
bobbie	i'm going to finish my apple and settle down with a video
Shaz51	i am going to have a cuppa and watch a bit bit of tv
Amber22 (PSW)	<p><b>Thank you for joining, and we hope you enjoyed the discussion You are more than welcome to continue the discussion over on the SANE Forums if you would like</b></p> <p><a href="https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Power-of-Possibility-Thursday-27th-April/m-p/1286745#M329913">https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Power-of-Possibility-Thursday-27th-April/m-p/1286745#M329913</a></p> <p><b>Keep an eye out for the next Peer Group Chat discussion about Why Be 'Normal'?</b></p> <p><b>If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here</b> <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a></p> <p><b>You can also ask questions for us to discuss in future peer chats!</b></p>
bobbie	goodnight everyone. See you next week.
Amber22 (PSW)	<b>Thank you for coming along everyone :) Those self care ideas sound great!</b>
CloudBerry	good chat guys

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CloudBerry	see ya'll next week
Down2	Thank you everyone
Meggle	Bye all
Shaz51	going to tag you now @Down2
Down2	See you
Down2	Thanks @Shaz51