

# SANE

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## Peer Group Chat Summary

**Date:** 21.12.2023

**Topic:** Seeking Silver Linings

**Description:** Holding a space for hope can be really important in fuelling our recovery journey and helping us find the silver linings in our experiences, especially those that are harder. Let's come together to explore how holding space for hope might help us, and what we could do to cultivate more hope in our lives.

### Summary of discussion:

- Why silver linings might be helpful in our journeys
  - They provide glimmers of hope and optimism in difficult or darker times within our journeys.
  - Having feelings of guilt, anger, feeling exhausted, or feeling like things are all-consuming might make it more difficult for us to find the silver linings in some of our experiences.
  - It can be important for us to try and find silver linings throughout harder experiences because it can give us a sense of optimism, it can be a helpful coping mechanism, it can help us to avoid catastrophizing, and overall give us some hope that there is a light at the end of the tunnel.
- How we can hold space for hope within our experiences
  - Holding hope can keep us going when we don't feel like we can, having faith and focussing on 'what if' the positive happens rather than the negative can be really helpful in many situations
- When it might not be helpful to try find silver linings
  - Sometimes when it might not be helpful to look for silver linings might be when you need to accept a situation that won't change, when it invalidates our own feelings, when grieving, when it leaves us feeling disappointed etc.

### Discussion questions

**Q1:** What is a silver lining? How might they relate to hope?

**Q2:** Why might it be difficult to find the silver linings sometimes?

**Q3:** When might it not be helpful to look for the silver linings? Why?

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**Q4: Why might it be important for us to try and find silver linings within harder experiences?**

**Q5: How do we keep holding hope when it seems silly?**

**Q6: Why might reframing things be helpful?**

**Q7: What might be the benefits of hoping and/or looking for a silver lining?**

## Resources

These are the resources that were shared during the session:

1 Finding Silver Linings Activity: [https://ggia.berkeley.edu/practice/finding\\_silver\\_linings](https://ggia.berkeley.edu/practice/finding_silver_linings)

2 10 Ways to Find your Silver Lining: <https://www.coachtrainingedu.com/blog/find-your-silver-lining/#:~:text=There%20is%20a%20time%20for,and%20can%20help%20reduce%20depression>

3 Look for the Silver Lining TED Talk: <https://www.youtube.com/watch?v=GU21vZl4eYc>

**Continue the discussion over on the SANE Forums by following this link!**

[Peer Group Chat \(Last PGC for the year!\) // Seekin... - SANE Forums](#)

## Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email [feedback@sane.org](mailto:feedback@sane.org).