

Frequently Asked Questions:

Starting Over's program track record:

Starting Over acts as one of many tools used in recovery and is meant to be used in concert with and augment other recovery programs. *Starting Over* has graduated over 50 students within the Dept of Corrections and is available outside the DOC at the Hope Recovery Center in Manchester NH.

Student class evaluations are available on request and demonstrate a high degree of satisfaction and impact in remaining addiction free.

How much homework is required?

Each chapter or “key” within the program requires questions, exercises and extensive journaling which must be completed before the next session. The homework is designed to contain elements of self-discovery and reflection as it keeps each student engaged between the sessions.

Is this a religious program?

Starting Over is a spiritual program similar to that of AA and in no way promotes any religion or group. Its goals are inclusive and speak to all spiritual persuasions.

Is Starting Over only for substance abuse addiction?

The term “addict” within the *Starting Over* program is used with deliberate vagueness to include not only those mind-altering substances not prescribed by a doctor but also compulsive or habitual behaviors and ways of thinking and doing that are self-destructive.

Who is the author of Starting Over?

Each student becomes the author of their own recovery program within the workbook. Using the workbook as a primer, each student is encouraged to develop ownership by authoring their unique recovery program within its pages.

Where did Starting Over begin?

Starting Over began as a recovery meeting called “Hunger 4 Healing” a 12-step recovery meeting which ran from 1998 to 2013 in a storefront church in downtown Manchester NH called Main Street Mission.

Next Steps

To offer *Starting Over* within your program or organization, contact us at:

603-210-2286 or

<https://startoverpath.org/contact/>

or scan the QR code below:



We look forward to arranging scheduling and making the program work for your clientele and recovery team.

For more information, please contact:

Hope Academy, Publisher

**100 Hackett Hill Rd.,
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603-210-2286

Starting Over

“In the battle of addiction, the first casualty is always the hope and promise of tomorrow”

Starting Over offers a different approach to recovery from addiction. If you are an addict who struggles with substance abuse, who is wanting—hoping—to become someone new, someone clean and sober, an addict who chooses not to use, this program was written for you.

Unlike approaches that rely on guilt, reprogramming, or sheer self-discipline, *Starting Over* offers a path forward rooted in personal worth, community, and authentic transformation.

The Keys of *Starting Over*: An Overview

The goal of *Starting Over* is to build a new world that includes a new you: **an addict who chooses not to use**. The goal is more than overcoming using through chemical alternatives, or boosting willpower through self control, or removing temptations (although these play a part).

The goal is more than waking up sober one day at a time in a constant, unyielding mental tug of war with addiction.

The goal is newness of life, finding a new you with new passions and purpose that do not include addiction. This new life is the recovery that is essential to overcoming the constant pressures of addiction and finding long-lasting sobriety. Not using then becomes one of the steps or tools to finding this more meaningful and fulfilling life.

The *Nine Keys of Starting Over* are broken up into four groupings:

1. **The Reawakening Keys of Poverty and Sadness.**
2. **The Reinvent Keys of Humility and Hunger.**
3. **The Reinvest Keys of Kindness, Sincerity, and Goodwill.**
4. **The Revival Keys of Disconnect and Resolve.**

The first two of the nine keys address our past addicted self. The last two keys focus on cementing our resolve and protecting our sobriety. The five remaining keys and the majority of this program, however, are dedicated to and celebrate the new person we are becoming—the **addict who chooses not to use**. Investing in your future and having a clear vision of who you can be are essential in overcoming any addiction.



The Reawakening Keys of Poverty and Sadness

Think about the *Starting Over* keys as building a new home. The **Reawakening Keys of Poverty and Sadness** help us address the structures of addiction within us. Poverty and Sadness represent the first steps in building a home. We begin by clearing the land, removing old structures and debris which represent our past of addiction with its denial and prideful self-empowerment, acknowledging our need and the unmanageability of addicted life.



The Reinvent Keys of Humility and Hunger

In the Reinvent Keys of Humility and Hunger, we dig deep, putting in a firm foundation, framing our new home with the solid materials of a willingness to change and an openness to the help of others. We begin building a clear and positive vision of our future. We divert or redirect the river of our desires toward healthier choices. We embrace time as our most precious gift and begin asking ourselves, “What do I want?”



The Reinvest Keys of Kindness, Sincerity, and Goodwill

In the **Reinvest Keys of Kindness, Sincerity, and Goodwill**, we complete our new home by adding furniture, hanging pictures on the walls, adding window treatments, purchasing appliances, and gathering all the amenities needed for our new life. We beautify our new home with acts of kindness toward ourselves and others, we learn to live in the moment, transparent about what we think and feel, we embrace a spiritual awakening by helping others in community.



The Revival Keys of Disconnect and Resolve

In the **Revival Keys of Disconnect and Resolve**, we plan the care of our new home by putting in place strategies for landscaping, cleaning, and maintenance. We protect our new home with a state-of-the-art alarm system interconnected to outside services, such as the fire and police departments. We learn to leave behind the relationships of using friends and family. We examine our triggers and invest in new people, places, and things. We embrace sobriety as a tool of self-discovery. We form a plan for the path forward including meetings, programs, and sponsorship, and begin addressing our craving thoughts.

Together, these nine keys invite you to Start Over by building a new life—a home of your own choosing—filled with hope and possibility. There are no qualifications or requirements other than wanting to become **an addict who chooses not to use**.