



**Transcript**  
**Stories of Hope - Ariel**

**Ariel:** Substance use disorder and addiction is so isolating. And so, as a Black woman in recovery, hope must be loud.

*Okay.* The moment I chose hope, was when I couldn't look myself in the mirror anymore. I did not recognize myself. When you're in that moment, you don't know what to do, and you are grappling with your own internalized stigma and your own experience. Hope has to be loud to cut through your fears. It grows louder when you ask for help. And your vulnerable.

*Absolutely, so.* I am so proud because I did not think I was going to make it. And now, you know, I get to call my mom and say I love her. I get to teach my son how to say, "Mama, I love you." *Yeah.* So for me, hope in this moment, it's everything. All the colors in between. It is the thread that lets you know that no matter what happens, you will be okay. *Giggles.* *Yeah.*

**[End of Audio]**  
**Duration: 90 seconds**