

## **Transcript**

### **Start With Hope – Dominique**

Dominique: In the search to help my brother through his recovery, I found that I actually needed to take a step back and focus on my own healing and wellbeing. Part of that process has been learning who I am, what makes me feel good, what my needs are. I found that there are tons of different paths to healing and self-discovery and recovery, and it's not black and white. This desire to help others and my loved ones, is actually my superpower. It's meant that I can show up and decide how I want to serve others and how I want to serve myself. When I'm clear on what those things are, then I think I can live my most authentic self.

**[End of Audio]**

**Duration: 0:45**