

Transcript

Start With Hope – Mona Lisa (Longform)

Mona Lisa: Hope is what carries you. Hope is that voice that says “get up,” even in the midst of the chaos. It’s the light in a dark place. You gotta hope for something. I hope in God. Because of his grace, he gave me a second chance at life.

My recovery journey started when I had to take care of my grandson. That’s when I had to make a decision to choose him. It was in that second chance to be able to raise him, and it was a dream come true, because I haven’t looked back since then.

My role as a peer advocate – it allowed me to find my purpose. Now I use my living experience to identify with others, to help them in their recovery pathway, whatever that looks like. A lot of times we go to our grave never knowing our purpose, and I found purpose in this peer advocacy work, to be somebody’s voice that’s voiceless. I’m able to give them hope. The same hope that someone gave me, now I’m able to give it back, and it keeps my recovery going.

I’m just so grateful. It’s that gratitude to be able to wake up in the morning and watch the sun come up. I’m just so in awe of his creation – the trees, the flowers, the water. When I’m at the water, I really see my eyes on him, because I was so distracted. I still have struggle. I still have problems, but even in those moments, you have to have hope. So if you’re feeling helpless, if you’re feeling like you’re in a dark tunnel, don’t give up. Your story is still being written.

[End of Audio]

Duration: 2:09