

## **3-S<sup>+</sup> Group #7: Social Responsibility: Finding the Hero Within**

### **Materials Required**

1. Meditative Video Segment, and the equipment required for playing the video.
2. “Tardiness” door sign to be placed on the door at the end of the video: “Entrance to the group room will not be permitted once the video has finished. The video has finished. Please join us next week.”
3. Wall Posters prominently displayed – In large letters ...
  - a. Commitment: “Today I renew my commitment to my spiritual path.”
  - b. The Spiritual Qualities – the spiritual self’s 14 Spiritual Muscles: “generosity, morality, renunciation, wisdom, effort, tolerance, truth, strong determination, loving kindness, equanimity, gratitude, courage, forgiveness, and serenity”.
4. Timer (for meditation and other timed exercises).
5. Pencils and notepaper for each participant.
6. Tape (to adhere poster paper to the walls).
7. Paper and easel board with marker for recorder.
8. CD or Tape Recording of Mariah Carey’s song ‘Hero.’
9. Hero Within Commitment Worksheet (attached).
10. Hero Within Role-Play Scenarios (attached).

### **Therapeutic Goals**

1. To provide a therapeutic context for a cognitive shift from habitual activation of the addict self-schema to increased activation of a spiritual self-schema that has as its focus doing no harm to self and others.
2. To increase awareness of the automaticity of schematic processes, such as the addict self-schema.
3. To provide an opportunity for the creation of new cognitive scripts and behavioral action sequences that are consistent with the individual’s spiritual/religious faith. This session provides the opportunity for ...
  - a. the practice of meditation on the in-and-out breath (to increase the ability to focus attention and still the mind);
  - b. the practice of mindfulness in learning about the Hero Within who can actively participate in the fight to stop the spread of HIV/AIDS;
  - c. forming the intention to stop the spread of HIV/AIDS;
  - d. rehearsing specific actions that will stop the spread of HIV/AIDS;
  - d. making this intention and these actions the foundation of the Spiritual path.

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## **Begin Group**

### **1. Video**

A commercially available meditation video of tranquil nature scenes is played to mark the beginning of each 3-S group session. The purpose of playing a meditative video at this time is to provide a buffer, or transition period, during which group members can begin to detach from their often chaotic lives, in readiness for the activation of their Spiritual selves through the practices of meditation and mindfulness. The video also provides a “tardiness window.” Out of respect for the group, punctuality is expected of group members. However, if group

members are unavoidably detained, they will be permitted to enter the group room late only during the playing of the video. Once the video has finished, the group room door is closed, the “tardiness sign” is placed on the door (see list of required group materials) and any late members will not be permitted to enter. They will, of course, be encouraged to return, on time, the following week. Repeated lateness should be discussed with the client during individual sessions.

Nigel Holton, “Road to Doneghal,” *Eversound Expressions*, Eversound (2002) (5 minutes)

## 2. Welcome

At the end of the video the therapist places the “tardiness sign” on the outside of the group room door and welcomes all members to the 3-S group [Note: ground rules for the group, if any, (e.g., time management strategies used, policy regarding eating/drinking during group, etc.) may be reviewed at this time.]

Therapist script:

*Welcome to Spirituality Group Therapy.*

## 3. Introductions

Immediately following the welcome, the therapist asks group members to introduce themselves, by standing and saying their first names. [Note: as new group members may be added each week, it is important to have all group members introduce themselves every week.]

Therapist script:

*Let’s begin by introducing ourselves. One at a time, please stand and say your first name; then remain standing. [Therapist begins]. Hello, my name is .....*

## 4. Commitment

Following the introductions, while group members are still standing, they are asked to renew their commitment to their Spiritual path by reading aloud the words on the Commitment Statement Poster [“Today I renew my commitment to my Spiritual path”] that is displayed prominently on the front of the group room (see list of required group materials). Group members are then seated.

Therapist script:

*While we are still standing, let’s renew our commitment to our Spiritual path by together reading the Commitment Statement aloud. [Therapist points to Commitment Poster]. All together ... Today I renew my commitment to my spiritual path.*

## 5. Overview of 3-S development program philosophy:

The therapist provides the following overview each week:

Therapist script:

*Each of you are here today because you have made a commitment to abandon the addict self that has caused such suffering in your lives, and to develop instead your Spiritual self which will provide you with access to the peace and happiness of your true Spiritual nature. I know I don't have to tell you that although the addict self promises you relief from suffering, it is actually taking you on a path that leads to unending physical, emotional, and spiritual pain. You all know that once it takes over – once it goes on automatic pilot – your welfare and the welfare of loved ones is of no importance to the addict self: it can easily convince you that absolutely nothing else matters except getting high. The goal of this program is to help you see the addict self for what it is – a habit pattern of the mind that causes tremendous suffering. You will learn how to interrupt its habitual scripts – those “tapes” that play over and over in your head that urge you to use drugs just one more time, or to engage in other behaviors that can cause harm to you or others. These include sharing drug paraphernalia and having unsafe sex, both of which can transmit HIV and other infections that can cause even greater suffering in your lives and the lives of others. In this program you will learn how to recognize the voice of the addict self and to stop it before it can harm you or others. You will do this by seeking refuge and strength in your true Spiritual nature. In this program, we view you as your Spiritual nature. That's the real you, not the addict self. Over the years of addiction, you may have come to doubt that you even have a Spiritual nature, or you may feel that it is now inaccessible to you. At this point, just have faith that it is still there; that it is always there. Your true Spiritual nature may be temporarily hidden from view, but trust that it is there. All you need is a way to access it – a path – that's your Spiritual path. However, in order to develop or strengthen this Spiritual path you will need a Spiritual self that has strong spiritual muscles – [therapist points to the poster – see list of required materials] – your Spiritual self's muscles are these 14 spiritual qualities that the addict self has tried to destroy. Together we will help you strengthen those spiritual muscles so that your Spiritual self stays strong and so that access to your Spiritual nature is available to you in every moment of every day. Just like strengthening physical muscles, strengthening your spiritual muscles takes training and practice. Each week we will practice meditation and do mindfulness exercises together that will help you to stay on your Spiritual path and access your Spiritual nature, but you also need to practice between groups. To get the most out of these group sessions, you will need to make the effort to quiet your mind, to focus your attention, and to listen carefully to what I and the other group members are saying.*

## 6. Agenda

The therapist provides group members with the agenda for the session. Providing an agenda aids in keeping the group focused and facilitates time management.

Therapist script:

*Today we are going to begin as we always do by practicing meditation on the in and out breath. We will do this for five minutes. We will then work on some new material for about 30 minutes. After this we will end as we always do with a discussion and review, and our spiritual stretch.*

## 7. Meditation Practice

Each group session provides an opportunity to practice meditation on the in- and out-breath (*anapanasati*). This brief 5-minute practice session is primarily for the purpose of reviewing the technique, for providing rationale for its use as a means by which the automaticity of the addict self is reduced and the spiritual self is accessed, and for encouraging daily practice. Group members are encouraged to practice daily for longer periods (e.g., 30-60 minutes daily).

Meditation on the in- and out-breath (*anapanasati*) with rationale and step-by-step instructions:

Meditation Rationale:

Therapist Script:

- *Our minds have a center or resting place – a peaceful stillness that is available to each of us where we can go to experience our true Spiritual nature. Some people may experience this stillness as their Spirit, or God or their Higher Power. Whatever way you experience it, just know that it is always there within you.*
- *Habit patterns of the mind (like the addict self) cause the mind to wander away from its center – this stillness. In fact, the addict self thrives in the wandering mind. When we don't have mastery of the mind – when we let the mind jump here and there out of control, it can very easily get carried away by the addict self.*
- *We begin each group with meditation practice because it is through meditation that we begin to take back control from the addict self and give it to the Spiritual self.*
- *Meditation trains the mind to return to its center – it provides an **anchor**. Just like an anchor on a boat stops the boat from drifting away on the tide, your meditation anchor prevents your mind from being swept away by emotional storms and strong currents of craving and aversion. In other words, it prevents the addict self from taking control of your mind..*

- *When you practice meditation **every day** you are creating a new habit pattern of the mind so that whenever your mind tries to wander away from its Spiritual home, for example towards addict thoughts, you are quickly able to pull it back before the addict self takes over.*
- *In our meditation practice we focus on the in and out breath because as long as we live, the breath is always there. When you meditate on the breath, it might help you to think of what you are doing as connecting with your Spirit. In fact, the Latin derivation of the word 'spirit' is breath. So you can think of your meditation on the breath as your connection with your spirit which is your anchor in all of life's storms.*

Meditation Instructions:

Therapist script:

*When you practice meditation at home, you will need to choose a quiet place where you will not be disturbed. If you wish you may sit crossed legged on a cushion on the floor, you may kneel, or you may sit in a chair with your back straight. You should feel comfortable, but not so comfortable that you fall asleep. While meditating, it is important to remain alert.*

*Let's do this now:*

[In a slow, calm voice, the therapist narrates the first 1-2 minutes of the 5 minute practice]

- *Remain seated in your chairs. Sit with your back straight, feet flat against the floor, hands on your lap.*
- *Now close your eyes [Therapist checks that client is comfortable doing this in session. Clients who are uncomfortable closing their eyes are instructed to close their eyes half-way and to focus on an object within their vision. As clients' comfort levels increase over the course of treatment, clients are encouraged to close their eyes more and more, and to do their daily at-home practice with their eyes closed.]*
- *Just breathe normally through your nose.*
- *As you continue breathing normally through your nose, begin to focus your attention on the sensations in and around your nostrils, and on your upper lip just below your nostrils, that are caused by the breath passing in and out. You may feel a slight tickle, or a feeling of warmth or coolness, or heaviness or lightness.*
- *Just keep your concentration fixed there – **this area is your anchor** – the place you will always return to -- observe the changing sensations you experience in that area as the breath passes over your 'anchor.'*
- *At the beginning of every breath, commit yourself to noticing everything you can about the sensations caused by just that one breath. Then do the same*

*for the next breath -- committing yourself to your practice, just one breath at a time.*

- *If thoughts arise, gently, but firmly, bring your awareness back to your anchor, and again commit yourself to remaining focused on the in and out breath, one breath at a time.*
- *...Pause briefly (e.g., 5 seconds) to give group members opportunity to experience the breath...*
- *Again, focus all your attention on the changing sensations around your nose and upper lip that are caused by the breath as it goes in and out. Notice whether the breath is long or short? Does the air pass through one or both nostrils? Is the air cool or warm?*
- *If your mind wanders again, just note 'mind wandered away', and immediately return it to your anchor. No need to get discouraged, it is the mind's nature to wander, and your job to train it, so just keep bringing it back. Gently, but firmly bring it back. Just as you would train a young child not to stray away from home, you patiently train your mind to stay close to its Spiritual home.*
- *If you are having difficulty bringing your mind back, you can try counting your breaths, just up to 10, but don't get caught up in counting. The goal is to stay focused on your 'anchor' not on numbers.*

*We'll continue meditating on the in- and out-breath in silence for another 4 minutes. I will let you know when the time is up.*

At end of 4 minutes, therapist asks clients to open their eyes.

#### Meditation practice feedback

Therapist ensures that each group member has understood the technique. The following are examples of questions to pose to the group in the event that group members are having difficulty with their practice:

#### Therapist script:

*Open your eyes.*

*How was that for you today?*

*Were you able to keep your attention focused on your anchor?*

*Could you experience your breath? Where did you feel it?*

*Did you notice if the air moved through one nostril more than the other; or if the breath was long or short, or if it was warm or cool?*

*What sensations did you feel (e.g., tickle, tingle, pressure, perspiration, etc.)?*

[Note: If any group member is not experiencing any sensations, expand the area of concentration to include the entire nose as well as the area between the nostrils and the upper lip.]

Therapist script (continued):

*Did you experience the monkey mind? It is very persistent, isn't it?*

*Can you see how it could get you in trouble if you are not aware of where it has wandered off to?*

*Were you able to bring your attention back to your anchor each time it wandered away? It takes a lot of practice, doesn't it?*

[Note: As needed, therapist explains that it is not uncommon for individuals to have difficulty returning the mind to the anchor, and that continued effort to bring the mind back to the anchor has lasting benefits even if the mind wanders away again.]

## **8. Presentation of new material with experiential exercise:**

New material is provided experientially each week for the purpose of helping group members to increase mindfulness and to practice activation of the Spiritual self-schema. The therapist uses a technique that requires group members to attend carefully to the instructions as they are being provided. Instructions for all exercises are provided slowly and clearly, just once. After the instructions are given, group members are permitted one question in the event further clarification is necessary. If a group member still does not understand the instructions, he or she may ask another group member to repeat the instructions aloud to the entire group. This technique fosters mindfulness, group cohesion, and cooperation.

### **New material: Preventing the spread of HIV as foundation of a Spiritual Path.**

The purpose of this segment is to help group members find their own hero within and make a commitment to protect others from HIV infection – this commitment will become integrated into the moral/ethical foundation of their Spiritual path.

Therapist script:

*Has anyone heard the **Mariah Carey** song 'Hero'?*

*[Therapist plays a CD of the song, if available, and then reviews the lyrics with the group.]*

*The song begins...*

*'There's a hero*

*If you look inside your heart*

*You don't have to be afraid*

*Of what you are.*

*There's an answer*

*If you reach into your soul*

*And the sorrow that you know*

*Will melt away.*

*And then a hero comes along*

*With the strength to carry on*

And you cast your fears aside  
And you know you can survive.  
So when you feel like hope is gone  
Look inside you and be strong  
And you'll finally see the truth  
That a hero lies in you.'

Today we are going to talk about how to see the truth – that a hero lies in each one of you.

*As you all know, there's only one way to get HIV and that's by being infected by someone who already has HIV. Each of you was infected by someone else, and each of you has the potential to infect others. Each of you knows personally about the suffering caused by HIV/AIDS. But consider this -- **if every person currently infected with HIV was aware that they had the virus and made the commitment not to infect anyone else, all future suffering caused by HIV/AIDS around the world would end.** Just think about that for a moment. Having the virus carries with it an enormous social responsibility. That's not to say that people who don't have HIV bear no responsibility for their own actions. Of course they do – if they didn't engage in risky behaviors they wouldn't get the virus – they could protect one person -- themselves. However, the fact is that when an **individual who is already infected makes a commitment not to spread the virus and to encourage others to get tested, then that person alone is protecting not just one person but many people, both directly and indirectly** (remember that every person you infect could go on to infect hundreds more). **Therefore, your commitment not to infect anyone with HIV will have an immediate impact on ending the suffering caused by HIV/AIDS. There are many different meanings of the term "hero," and certainly ending suffering and saving lives is one of them. That's why each one of you can be a true hero.***

*If we assume that the vast majority of people with HIV do not go about their daily lives intentionally wanting to spread the virus, then why does the virus continue to spread? In some parts of the world it may be due to ignorance of what causes HIV, but in this country, where people are well-educated about the virus, people know how they can prevent infection, but they engage in risky behavior anyway. This is due to habit patterns of the mind, like the addict self, that take control when we are in the grips of heightened sensual pleasure, whether it is drug-induced or sexually-induced. People go on automatic pilot and engage in risky behavior either without thinking it through, or by convincing themselves they are not at risk. Let's take the addict self's*



*automatic pilot as an example. Its one and only goal is immediate self-gratification using its drug of choice; nothing else matters. Nothing else is even considered. If getting its drug of choice requires sharing drugs and drug paraphernalia, so be it. If it involves having sex without protection, so be it. In that moment of heightened arousal, absolutely nothing is more important than experiencing the effect of the drug, whatever the drug is, or having the sexual experience. The addict self may rationalize its risky behavior (convince itself that no harm was done) but most of the time it doesn't even do that because it is simply unaware -- preventing the spread of HIV just isn't on the addict self's agenda; it doesn't care about HIV; all it cares about is its drug of choice.*

*When you are not in the grips of the addict automatic pilot, perhaps right now, sitting here in this group, it may be easy to say that you are absolutely committed to preventing the spread of HIV, but the unfortunate fact of life is that the next time the addict automatic pilot is activated, any thought of HIV or how it is spread, is likely to go completely out of your awareness. That's how powerful the addict self can be.*

*In contrast, when you are fully in touch with your Spiritual self, you are able to be a hero. When you are on your Spiritual path you are able to express your compassion for others and demonstrate your sincere commitment to prevent suffering. Notice that the Spiritual self is the foundation for the heroic self. This is important because as you get better and better at accessing your Spiritual nature, you will get better at protecting others from harm. We could say that this will become your "second nature," except that really it's your primary nature, your true self.*

*So how do you develop this sense within yourself of being a hero?*

*In this program we emphasize the need to strengthen your Spiritual self so that it becomes the automatic pilot that is activated in your daily life, rather than the addict self. Your Spiritual self will gladly take on the social responsibility of preventing the spread of HIV/AIDS. One way to strengthen it is to practice playing the role of **hero** in your daily life. That's probably an unfamiliar role for many of you. **But, as we said earlier, you really are heroes, each of you, if you make the commitment that no one will get the virus from you.** If you do this, you are saving lives and preventing suffering. **You are a true hero.***

*So, how can you make sure that your Spiritual self, and not your addict self, is in control even in moments of heightened arousal?*

*First of all, you need to form an intention in your mind and make a sincere commitment that no-one will ever get HIV from you.*

*Is that your intention?* [Therapist waits for group members' assent.]

*That's great. That intention is the voice of your hero within. But for you to carry out this intention you will need to be knowledgeable about how HIV is spread and you will need the skills necessary to prevent the transmission of HIV. But most of all, you'll have to make HIV prevention an integral part of your Spiritual journey. You'll have to make it a component of the moral and ethical foundation of your Spiritual path. If you are willing to do all of this, you are a true hero.*

*Let's consider all the opportunities to be a hero by preventing HIV/AIDS that are available to you every day.* [Therapist lists the examples below, but encourages group members to contribute their own ideas.]

- ▶ *When you encourage others to get tested for HIV, you are a true hero, because the sooner they know they are infected, the sooner they can make the commitment to stop spreading it to others, and the sooner they will get treated.*
- ▶ *When you refuse to share drugs and drug paraphernalia, you are a hero.*
- ▶ *When you refuse to have penetrative sex, you are a hero.*
- ▶ *When you don't let others come into contact with your blood or other body fluids you are protecting them from infection or reinfection.*
- ▶ *And, don't forget, that even if your partner is HIV-positive, too, you need to protect both you and your partner from reinfection. Re-infection (also called Super-infection) occurs because HIV is constantly making copies of itself and some of these copies are mutations that are resistant to medications. Therefore, if you share drugs or have unprotected sex, you can infect each other with these mutations.*
- ▶ *So, whether your partner is HIV-positive or HIV-negative, you can be a hero by refusing to share body fluids. When you do this you are also protecting yourself from being infected with other sexually transmitted diseases that can hasten progression of your HIV to AIDS, and can interfere with the effectiveness of your HIV medications.*
- ▶ *You are also being a hero to your loved ones when you protect your own health. Just taking your HIV medications exactly as prescribed, makes you a hero, not only because you keep yourself healthy longer for yourself and your loved ones, but also because when you take your medications exactly as prescribed you reduce the likelihood that drug-resistant strains of the virus will emerge which can be transmitted to others.*

*So when you think about your day, think about how many opportunities there are for walking your Spiritual path and allowing your hero to emerge. When you get up in the morning make the commitment that no one will get HIV from you, that you will not get reinfected by anyone else, and that you will encourage others to get tested. When you go to bed at night, consider all the people you protected, and know that you are indeed a hero.*

*Are all of you ready to make a commitment to stop the spread of HIV/AIDS?  
[Therapist passes around the Hero commitment sheet.]*

Therapist passes around copies of the lyrics of the song 'Hero' with the following commitment written below it (see handout attached):

Therapist script (continued)

*Refer to this commitment daily. You might even want to get a CD or tape recording of the song, and think about your commitment and your hero within as you listen to it. In the next week, I wonder how many HIV infections will the members of this group have prevented (including preventing re-infecting yourselves). Remember that each of you can make a tremendous contribution to the fight against HIV/AIDS.*

### **Exercise: Activating the hero within** (total time: 15-20 minutes)

Therapist script (continued)

*Now let's practice activating the hero within. I'm going to divide you into two teams and give each team a different scenario. You will have 2 minutes to get ready to role-play this scene. Decide who will play each role: One person will play the part of the partner who wants to engage in a risky behavior, one person will play the part of the addict self, and one person will play the part of the Spiritual self – the hero within [Note to therapist: if there are not at least three people on each team, the group leader will play the role of the partner]. If there are more than three people on the team, the rest of you can be the script writers, acting coaches, and directors of the scene – everyone participates.*

*When the 2 minutes are up, you will then have 3 minutes to play the scene for all of us, and together we will judge which team's 'hero' is most convincing.*

*Begin planning the scene with your team members starting now.*

Therapist divides the group into two teams. Team #1 is given, in writing, Scenario #1 (drug use scenario). Team #2 is given, in writing, Scenario #2 (sexual situation scenario). The scenarios are attached to the end of this group for ease of duplication.

At the end of 2 minutes, the group leader calls ‘Time’ and gives Team #1 3 minutes on the clock to play out their scene. Then, Team #2 gets 3 minutes to play out their scene. When both teams are finished, the group discusses the two performances and determines (with input from the group leader) which team was most convincing.

**Therapist script (continued)**

*Time’s up.*

*Each team will now have 3 minutes to play out the scene they were assigned.*

*Team #1 will go first. Then, Team #2 will have 3 minutes to play out their scene. We will then have 3 minutes to discuss the two performances and decide which team gave the most convincing performance.*

Therapist calls ‘Time’ at the end of each 3-minute performance and when both teams have completed their performances, the therapist leads a 5 minute discussion evaluating each performance.

**Therapist script (continued)**

*Time’s up. Let’s talk now specifically about what each team did and did not do.* [Therapist leads a discussion about how well each team (a) used their knowledge about how HIV is spread to help them convince their partner; and (b) spoke of their Spiritual path and their commitment to end the suffering caused by HIV/AIDS].

*You are all heroes. When you leave here today, don’t forget your ‘hero within’ Remember that hero when you get up in the morning and go about your daily life. Remember, each one of you has the power to prevent the spread of HIV/AIDS. Just make the commitment, make it the foundation of your Spiritual path.*

## **9. Questions and Answer Period:**

Following the experiential presentation of new material, the therapist poses questions for group discussion in order to determine how well group members have understood the relevance of the new material to their daily lives, specifically, to the prevention of harm to self and others, and whether group members can identify the spiritual qualities that they demonstrated during the session.

**Therapist script:**

*A. How can what you learned today help you remain abstinent during the coming week?*

*B. How can what you learned today prevent the transmission of infections such as HIV?*

*C. Which spiritual muscles did you exercise today? [Therapist points to the poster].*

## 10. Summary:

Therapist provides a brief review of the entire session

Therapist script:

*Today...*

- *We practiced meditation on the in- and out-breath and mindfulness in order to begin taking back control from the addict self and to strengthen the spiritual self.*
- *We learned that this takes strong Spiritual muscles and that a rigorous training program with daily practice is needed to keep them strong.*
- *We learned about the hero within, and its ability to stop the spread of HIV/AIDS, and we rehearsed activating our 'hero within.'*
- *We made a commitment to stop the spread of HIV/AIDS, and to make this commitment the foundation of our Spiritual path.*

*In a few minutes the group will be over. Until we meet again next week, keep reminding yourself of your true nature. Once you are back into the routine of daily life, it can be easy to lose sight of who you really are. Just remember, you are not your addict self – the addict self is that habit pattern of mind that lies to you over and over again promising you relief from your suffering when in fact it just causes more and more suffering. Don't forget that. Remind yourself of your Spiritual nature and its capacity for love and compassion, and enact it in your daily life. I know you can do it. Just keep practicing your meditation daily and try to be more mindful in everything that you do. When you practice, you are strengthening your spiritual muscles and making your Spiritual self stronger and your addict self weaker. Each step you take on your Spiritual path, no matter how small, takes you closer to your goal. You have taken several steps today. Well done. Let's end as we always do with our Spiritual stretch.*

## 11. The Spiritual Stretch

The Spiritual Stretch is shown in the Appendix. Its purpose is for group members to renew their commitment to staying on their Spiritual path throughout the day in their thoughts, words, deeds, and perceptions, and to be open to the experience and expression of their Spiritual nature in all their daily activities. Group members stand and, while in various postures, recite the following affirmations.

Therapist script:

*Please stand, and repeat after me:*

1. *Today I take my Spiritual path (hands raised above the head, palms together).*
2. *May my thoughts reflect my Spiritual nature (hands in front of forehead, palms together);*
3. *May my words reflect my Spiritual nature (hands in front of mouth, palms together);*
4. *May my emotions reflect my Spiritual nature (hands in front of chest/heart, palms together);*
5. *May my actions reflect my Spiritual nature (hands in front of abdomen, palms together);*
6. *May my perceptions reflect my Spiritual nature (hands outstretched to side, fingers pointing towards the ground);*
7. *May I be open and receptive to my Spiritual nature (hands outstretched to side, fingers pointing towards the sky);*
8. *I am my Spiritual nature (back to starting position with hands raised above the head, palms together).*

## **12. End**

Therapist script:

*It was good to see you all today. See you next week.*

## The Hero Within: Commitment to stopping the spread of HIV/AIDS

### **HERO**

**Lyrics: Mariah Carey. Music: Mariah Carey, Walter Afanasieff**

There's a hero  
If you look inside your heart  
You don't have to be afraid  
Of what you are  
There's an answer  
If you reach into your soul  
And the sorrow that you know  
Will melt away

And then a hero comes along  
With the strength to carry on  
And you cast your fears aside  
And you know you can survive  
So when you feel like hope is gone  
Look inside you and be strong  
And you'll finally see the truth  
That a hero lies in you

It's a long road  
When you face the world alone  
No one reaches out a hand  
For you to hold  
You can find love  
If you search within yourself  
And the emptiness you felt  
Will disappear

And then the hero comes along  
With the strength to carry on  
And you cast your fears aside  
And you know you can survive  
So when you feel like hope is gone  
Look inside you and be strong  
And you'll finally see the truth  
That a hero lies in you

Lord knows  
Dreams are hard to follow  
But don't let anyone  
Tear them away  
Hold on  
There will be tomorrow  
In time  
You'll find the way

And then a hero comes along  
With the strength to carry on  
And you cast your fears aside  
And you know you can survive  
So when you feel like hope is gone  
Look inside you and be strong  
And you'll finally see the truth  
That a hero lies in you

**HERO WITHIN PAGE II**

**Commitment to saving lives and preventing suffering caused by HIV/AIDS:**

I am committed to stopping the spread of HIV/AIDS. This commitment is the foundation of my Spiritual path.

I will not share needles or other 'works' (cookers, straws, rinse water, cottons) with anyone, not even if the other person also has the virus and insists that I share.

I will not engage in penetrative sex, or (if you are unable to commit to abstinence) I will always use latex protection whenever I have sexual contact with a partner, even if my partner also has the virus, and insists that I have unprotected sex with him/her.

I will take all my HIV-related medications exactly as prescribed, not only for my own sake, but also so that I do not spread medication-resistant strains of HIV.

I will encourage everyone I know to get tested for HIV because the sooner someone knows they have the virus, the sooner they can stop it from spreading further, and the sooner they can get treatment.

**Signed** \_\_\_\_\_ **Dated** \_\_\_\_\_



## HERO WITHIN ROLE-PLAY SCENARIOS

Team #1 is provided, in writing, Scenario #1. Team #2 is provided, in writing, Scenario #2. Each team is given 2 minutes to plan out the scene, then they have an additional 3 minutes to role-play the scene for the entire group. The team with the most convincing 'hero' wins.

### Drug use scenario #1: (GIVEN TO TEAM #1)

Three members of your team will role-play the following scene:

Roles: the Addict Self, the Spiritual Self, your Partner (or friend).

#### **The Scene:**

##### Part I:

A partner (or drug-using buddy) asks if she or he can use your works -- needle, straw, cooker, rinse water, or cotton, or share drug solution with you.

How would the addict self respond?

How would your Spiritual self -- the hero within -- respond?

##### Part II:

The person then says, 'I've got the virus too, so it doesn't matter if we share? I'm really hurting, you've got to share with me.'

How would the addict self respond?

How would your Spiritual self -- the hero within -- respond?

##### Part III:

What if your partner is adamant, won't take no for an answer, despite your concern.

How would the addict self respond?

How would your Spiritual self -- the hero within -- respond?

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### Sexual behavior scenario #2: (GIVEN TO TEAM #2)

Three members of your team will role-play the following scene:

Roles: the Addict Self, the Spiritual Self, a Sexual Partner.

#### **The Scene:**

##### Part I:

You are in a monogamous sexual relationship (you have sex with only this one person).

Your partner knows you have the virus but wants to have penetrative sex anyway and does not want to use a condom.

How would the addict self respond?

How would your Spiritual self -- the hero within -- respond?

##### Part II:

What if your partner says, I've got the virus too, so we don't need to use condoms.

Please ... I really want to have sex with you.

How would the addict self respond?

How would your Spiritual self -- the hero within -- respond?

##### Part III:

What if your partner is adamant, won't take no for an answer, despite your concern.

How would the addict self respond?

How would your Spiritual self -- the hero within -- respond?