



Click Here to View the Film: <http://www.askdocumentary.com/>

ASK is a documentary film designed to attract viewers of all kinds to consider that state of their relationships as it relates to love. The personal interviews, music and imagery challenge viewers to consider their own relationship to addiction and/or codependency. ASK may be viewed individually or in small groups, but we encourage small groups to view the film and to discuss it afterwards. The following guide will assist in that endeavor.

ASK is composed in segments, so the study guide contains cues for stopping and starting the film in order to enable discussion immediately after viewing the segment in question. Feel free to follow the guide as loosely or as closely as makes sense for your group discussion. Our only suggestion is to provide a group context that encourages honesty and authenticity among the group members.

1. Prior to beginning the film ask the questions below:

What is your perception of addiction and codependency?

Do you recognize any aspect of those perceptions in yourself?

2. Opening Sequence - 0:00 - 2:00 (Show Clip)

What would it feel like to be in this maze? What emotion does it evoke within you?

3. Newsreel Sequence 2:00-4:00 (Show Clip)

What is significant to you about the quote “There is a way that seems right to a man, but in the end it leads to death.”?

Does your understanding of addiction and codependency line up with that of those interviewed?

4. Caleb's Story 4:00-6:55 (Show Clip)

What did you observe about Caleb's childhood in China and how did that contribute to the issues he developed as a teenager?

5. Addiction 6:55-9:34 (Show Clip)

How did you respond to KC's interview? Have you experienced a moment such as she described when the lights went on? What was that like?

6. Codependency 9:34-10:55 (Show Clip)

Do you agree with the definition of "the codependent is addicted to the addict"? Why or why not?

7. The Story of Addiction and Codependency Evolves 10:55-29:17 (Show Clip)

Do you relate to any of these statements? Why or why not?

"A ready made identity I could just put on." -KC

"Heroin was my first love." -Frankie

"The painkillers were the solution to everything I was looking for."

"I could fix him with love."

8. The Cycles 29:17- 35:20 (Show Clip)

What are your thoughts on KC's description of the addictive cycle?

What are your thoughts on Chico's description of the codependent cycle?

Does willpower play a role in either of these cycles?

"If an addict could muster a solution on their own, wouldn't they have done it years ago?" -Glenn Eddie

Do you agree with this statement? Why or why not?

9. The Cycle Breaks 35:20 - 43:21 (Show Clip)

“She let me go. That was courage.” - Caleb’s Mom

Do you agree or disagree with Caleb's mom's response to her son's threat? Why?

Have you ever felt this type of rock-bottom hopelessness?

How do you respond to the word shame?

How do you respond to this definition: “Enable: Give (someone or something) the authority or means to do something.”

Respond to this statement: “There is no hope. The death of a vision.” -Caleb’s Mom

10. Surrender & Turning Points 43:21-52:39 (Show Clip)

How do you define love?

What emotions did this segment evoke in you?

What is the difference between codependency and actually helping someone?

Was it surprising to hear that Julia's identity was so wrapped up in her daughter's?

What would it take for you to hit rock bottom?

What would it take for you to “let go”?

11. Rest 52:39- 58:44 (Show Clip)

Many of those interviewed in ASK expressed their individual beliefs about God. How did this make you feel?

Respond to Caleb’s words: “Something inside of me broke. . .I didn’t want to be the one in control anymore.”

12. Redemption 58:44 - 01:03:38 (Show Clip)

What is your response to the following quote?

“You don’t have to even it out. It’s been evened out.” -KC

How do we create a process for someone to be transformed?

13. Restoration 01:03:38 - End (Show Clip)

What is your response to the following quotes?

“It’s tough watching someone destroy themselves.”- Caleb

“The story of Caleb is the story of Jesus breaking me and what I had put my hope in.” - Caleb’s Mom

“The realization has to be that I need help. Then the next step is that I have to ask for help.” - Caleb

“Asking is where recovery begins. The desire must come from within. The most frustrating thing is that you cannot force someone to come to the end of themselves. That moment can’t be fabricated. It has to be a surrender and cry out.” -KC

Has your perception of the maze or the meaning of the maze changed since the intro of the film?

The film ends with, “It’s only a maze if you don’t ask for help.” Do you agree with this statement? Explain.

Please refer to www.askdocumentary.com for resources to help with addiction & codependency. Please offer the Post-Viewing Resources to all group participants. (See the Personal Reflection Guide for individual self-examination)