



## DISCUSSION GUIDE: VIK'S STORY

Objective: Students will connect with a significant influence in their life.

Themes: Drinking, drugs, addiction, homelessness, illegal acts, suicide

Watch the entire video all the way through and ask, “Is there anyone in your life that this video makes you think about? Can you reach out and connect with them right now?”

- 1. Allow time for students to text or call someone they are thinking about in the moment.**
- 2. Use these prompts to lead a rich conversation with your class or group.**

Vik shares the trajectory of his life and how he lost everything and how he has rebuilt. He describes how in his isolation he did horrible things and in his redemption he was able to connect back to all the people in his life that have value. I noticed that he didn't talk about getting the things back that he lost.

- In what ways do we currently show the people in our lives that they mean more than the things?
- As you think back over your life, are there people that have stood out? Why or why not?
- Are you someone that you think people would name if I asked that question of them?
- What if Vik was in your life and stole from you—would you be willing to accept his apology and build back a relationship? Have you had to do that with someone?

As you rewatch the video, pause at 3:00, Vik says he was a ghost. What are the things in your life that matter so much that if you lost them you would think of yourself as a ghost? How can you take inventory now and share those things so you can be reminded of them when you hit hard times?

Connection Challenge: Reflect on your history and reach out!

Extension: Consider writing a note to Vik or someone in your life that has gone through a hard time and tell them what you are going to do if you face that because you have learned from them.