

# HOPE

Hope is the belief that the future will be better than today and you have the power to make it so. Hope is based on three main ideas: desirable goals, pathways to goal attainment, and **willpower** (agency) to pursue those pathways.

## SIX PRINCIPLES OF HOPE

- ◆ Hope is a cognition, not an emotion.
- ◆ Hope begets hope.
- ◆ Hope can be taught and nurtured.
- ◆ Hope is not wishful thinking.
- ◆ Imagination is the instrument of hope.
- ◆ Hope is a social gift.

Imagination is  
the instrument  
of HOPE.  
If you think it, it  
can happen!

“We can teach hope, we can enhance hope in places where hope is low, and we can model hope for others.”

—Dr. Chan Hellman

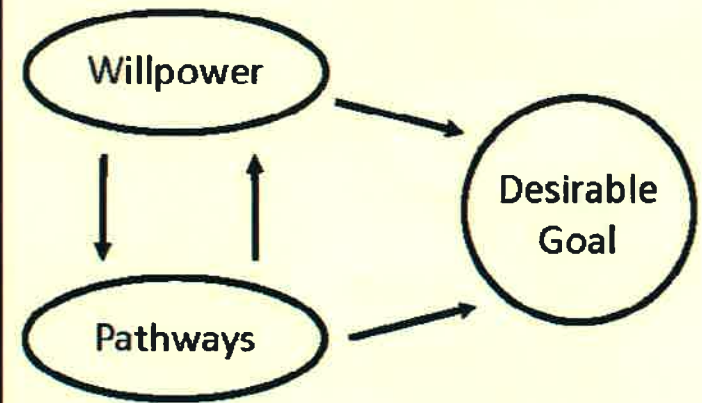
## Establishing and Pursuing a Desirable Goal

1. Describe your goal in as much detail as possible.
2. How much do you desire this goal?
3. Why do you want to achieve this goal?
4. How will you feel when you achieve this goal?
5. What are the actions/strategies you can use to achieve your goal?
6. Describe potential barriers in your way.
7. Choose the best pathway and describe how you will overcome any barriers to that pathway.
8. Describe a time you achieved a difficult goal by overcoming barriers.
9. What are the steps that must be accomplished to meet your goal?
10. Identify people/resources you can count on for support.
11. What inspiration will you use to stay motivated in pursuing this goal?

**Desirable Goal:** the outcome you are trying to accomplish.

**Pathways:** actions/strategies that you can use to achieve your goals.

**Willpower:** the ability to sustain motivation to move along these pathways.



## HIGH-LEVEL TRAUMA RESPONSES

People with high levels of trauma often respond with:

Inability to trust others

Perception that danger is everywhere

Difficulty with change and transitions

Guarded and anxious

Difficult to redirect, rejects support

Highly physically reactive

Highly emotionally reactive

Holds onto grievances

Unable to recognize dynamics that lead to same results

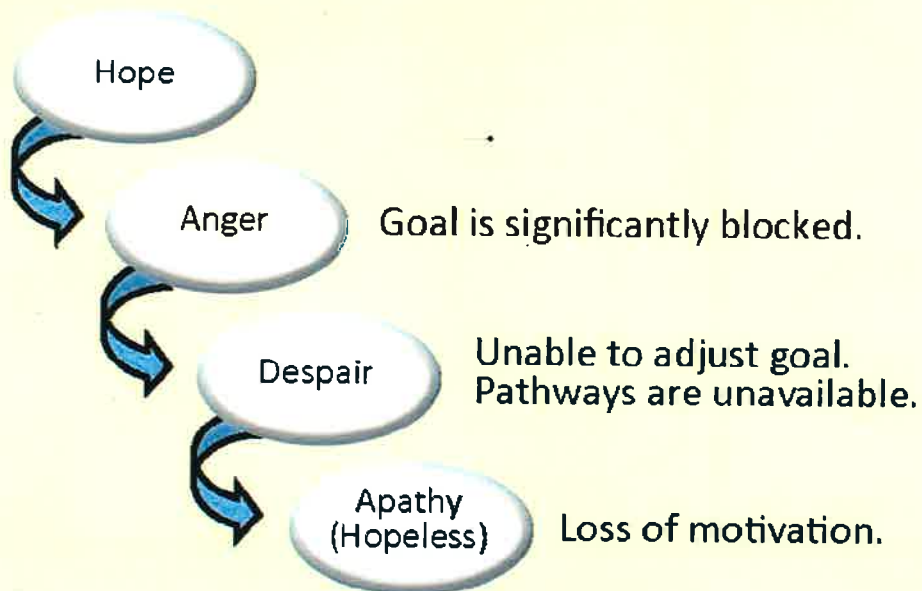
Difficulty "calming down" after outbursts

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<https://hopescore.com/>

## THE LOSS OF HOPE IS A PROCESS



## NURTURING HOPE

