

Hope Rising

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Hope Research Center

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# Group Discussion

## What is Hope?

- What does hope mean to you?
- Is hope an emotion or a cognition?
- What are examples of hope in your work?

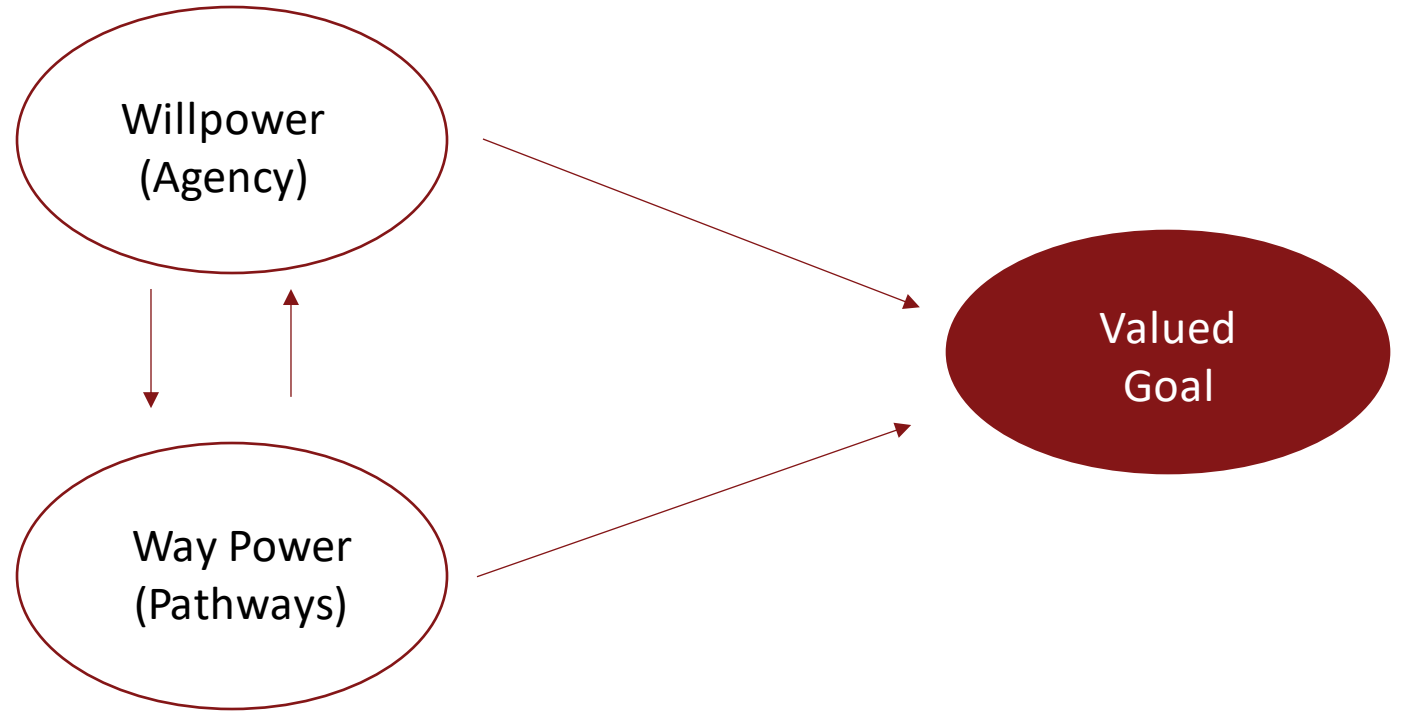


# What is Hope?

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Hope is the **belief** that your future will be better than today and **you** have the power to make it so.

# Tenets of Hope

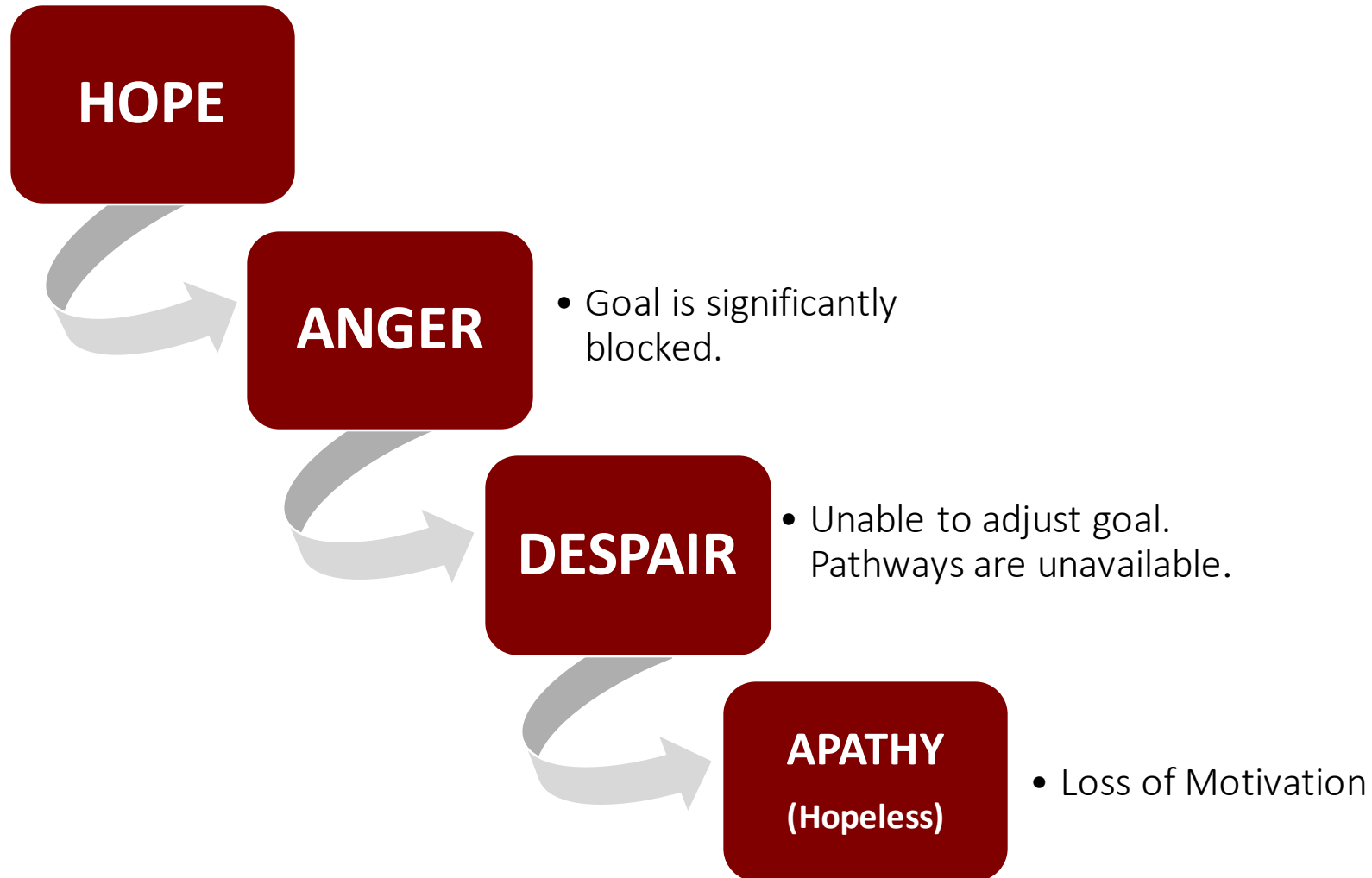


...agency without pathways is a wish!



What is the  
opposite of hope?

# The Loss of Hope is a Process



# Group Discussion

What are some examples of hopelessness in your work?

- Goals
- Pathways
- Agency

Where have you seen desperation in your work?

- Goals
- Pathways
- Agency

# Strategies To Nurture Hope

Introduce Hope	Introduce the concept of hope and discuss its core components (distinguish wishful thinking).
Goal Setting	Help the student develop personally relevant goals.
Pathways	List and discuss potential pathways the client choose.
Willpower	Have student identify/describe sources of motivation.
Problem Solve	Identify and list obstacles.
Create Hope Visual	Create a Visual Map accessible for the reference.
Re-Goaling	Remember – We have the ability to re-goal.