

## THE POWER OF HOPE!

*We have no guarantee about the future, but we exist in the hope of something better. Hope means keeping going, thinking, 'I can do this.' It brings inner strength, self-confidence, the ability to do what you do honestly, truthfully and transparently...Dalai Lama*

### WHAT TO KNOW!

- ❖ Hope is the strong belief, not just a wish, that things will get better no matter what
- ❖ Hope has the power to change a person from a victim into a survivor
- ❖ Hope empowers people by giving them the determination to succeed no matter how bleak the situation
- ❖ The opposites of hope are dejection, despair, and depression
- ❖ Dr. Charles Snyder, who researched the power of hope, defined it as a motivational idea that allows a person to believe in positive outcomes, conceive of goals, develop strategies, and gather the motivation to use them
- ❖ Dr. Anthony Scioli found that having a high level of hope was the most powerful predictor of well-being
- ❖ Optimism differs from hope: optimism is an attitude while hope is a belief and an action to make things better
- ❖ Instilling hope is one of the major goals of psychotherapy as the client is helped to set and achieve personal goals
- ❖ Having hopeful beliefs and expectations help people to recover from serious illness as well as pursue healthy behaviors
- ❖ Studies have shown that having a great degree of hope led to a reduction in PTSD symptoms in veterans receiving therapy
- ❖ Studies have also shown that people with high hopes do better athletically and educationally
- ❖ Hope can be taught and developed in many people, especially in those who need it

### WHAT TO DO!

- ❖ Change your beliefs to accepting that the future can and will be better
- ❖ Recognize that hope can be powerful in healing and overcoming trauma
- ❖ Remove doubt from your language and use terms such as "I can" and "I will"
- ❖ Look to friends and family for love, support, and encouragement
- ❖ Surround yourself with positive and hopeful people
- ❖ Listen to inspirational music, podcasts, speeches, etc.
- ❖ Commit yourself to achieving short and long-term goals
- ❖ Do not allow yourself to give up or fail; see failure as a learning experience and try again
- ❖ Seek professional help if you are unable to find or sustain hope

### WE CAN HELP!

Call us at **954 755-2885** or email us at [DrKimmel@KimmelPsychology.com](mailto:DrKimmel@KimmelPsychology.com)

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