



Strengths Academy

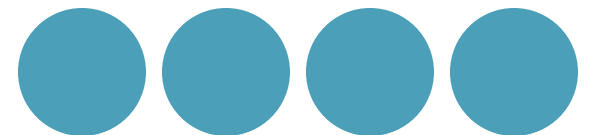
# The Psychology of Hope

Azusa Pacific University



*“... are we not now duty bound to speak up as scientists, not about a new rocket or a new fuel or a new bomb or a new gas, but about this ancient but rediscovered truth, the validity of Hope in human development -- Hope, alongside of its immortal sisters, Faith and Love?”*

*Karl Menninger (1959)*





## Objectives

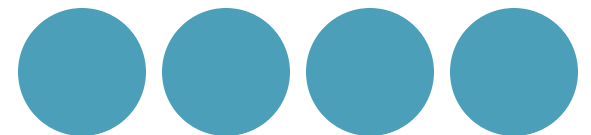
**Define** one brand of hope.

Consider means of **finding** hope.

Examine hopeful **bonding**.

Discuss methods of **enhancing** hope.

Identify the potential benefits of hope  
**reminding**.





# Assumptions

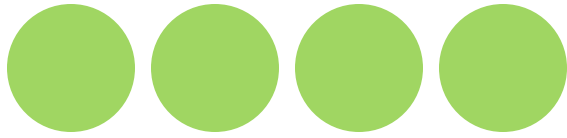
All people possess hope.

Hope can be just as powerful as weaknesses and pathology.

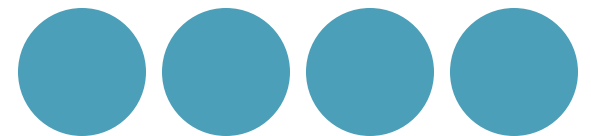
Helpers can help others marshal their hope.

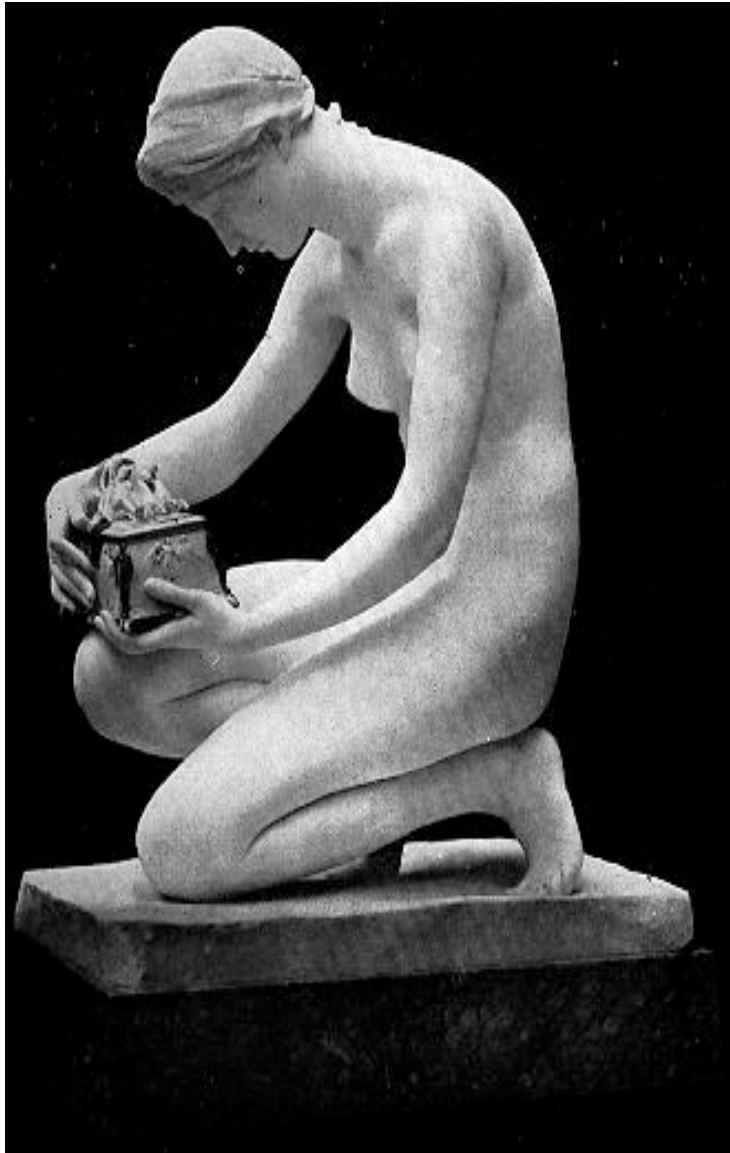
Positive educational outcomes, well-being, and mental health are attainable.





# Why is hope important?





Pandora received a box that she was forbidden to open. The box contained all human blessings and all human curses.

Temptation overcame restraint, and Pandora opened the box. In a moment, all the curses were released into the world, and all the blessings escaped and were lost— except one—hope. Without hope, mortals can not endure.



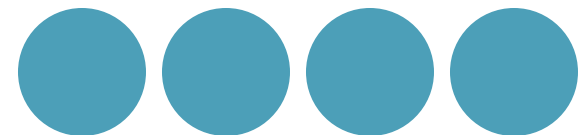
## Hope and Health

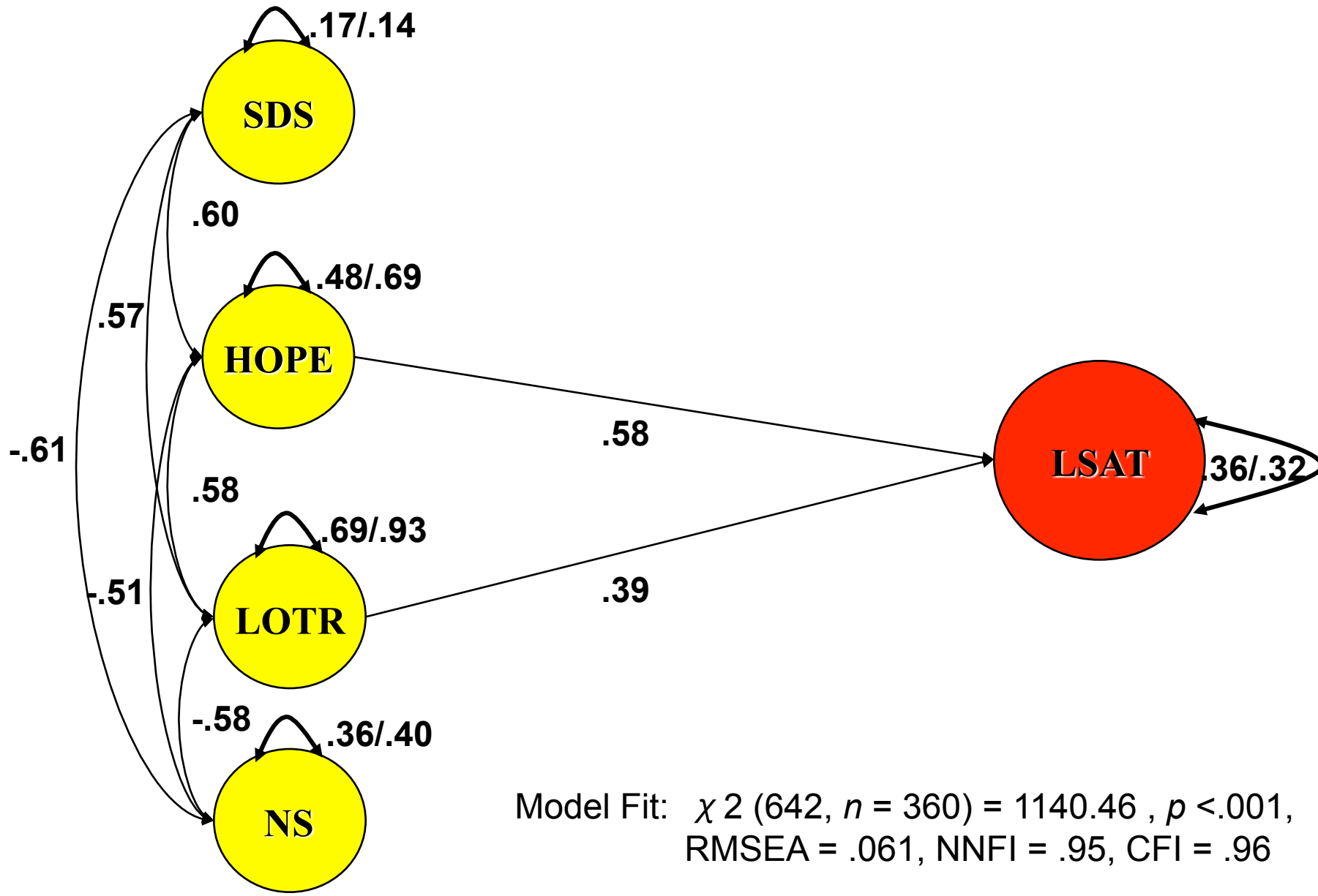
### *Correlational Evidence*

Hope correlates positively with coping with severe burns, arthritis, spinal cord injury, fibromyalgia, and blindness.

### *Cross-sectional Evidence*

Individuals with high (vs. low) hope remain energized during the recuperative process. High hoppers also experience less pain and tolerate pain twice as long as low hoppers.





Model Fit:  $\chi^2(642, n = 360) = 1140.46, p < .001,$   
 RMSEA = .061, NNFI = .95, CFI = .96





# Hope and Academic Success

## *Correlational Evidence*

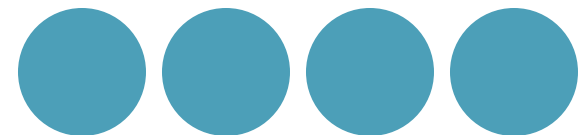
Hope scores of entering college freshmen predicted better overall grade point averages even after controlling for variance related to entrance examination scores.

## *Cross-sectional Evidence*

Individuals with high (vs. low) hope make adaptive attributions for success and failure. High hoppers are more likely to graduate from college (40% of students with low hope completed college within 6 years whereas 50% of students with moderate hope and 57% of students with high hope achieved their goal of graduating).

## *Longitudinal Evidence*

In a six-year study, hope scores of entering freshmen predicted better overall GPA even after controlling for entrance exam scores.



# *Hope* & *Change*

*Life as the pursuit of goals*

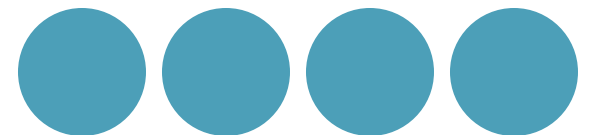
**Change appears in the  
context of our goal  
pursuit activities**



Stretch goals  
Compare to self  
Multiple goals  
Clear goals  
Goals are challenges  
Enjoy process  
Laugh at themselves  
Positive self talk

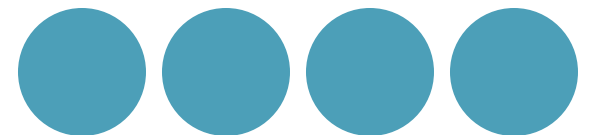
Better health  
Succeed  
Have passion  
Find meaning  
Not depressed  
Self esteem

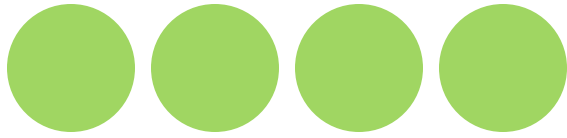
**high hope**





**How do you define hope?**

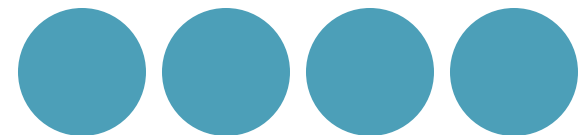




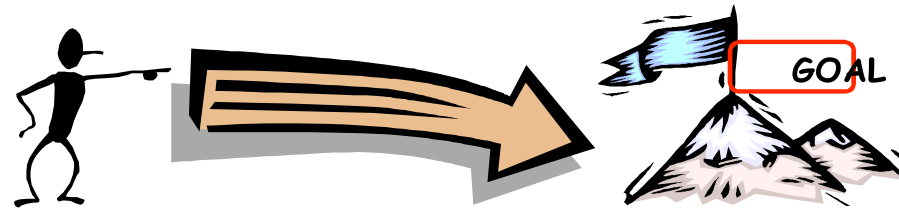
# 20+ Things You Need to Know About Hope

## Defining

1. Hope is goal-directed thinking (goals thinking) in which people perceive that they can produce routes to desired goals (pathways thinking) and the requisite motivation to use those routes (agency thinking). **Think GPA.**
2. Hopeful goals are clear, specific, and additive.
3. Pathways and agency reverberate in hopeful thinking.
4. Obstacle thinking is grounded in reality and perception.

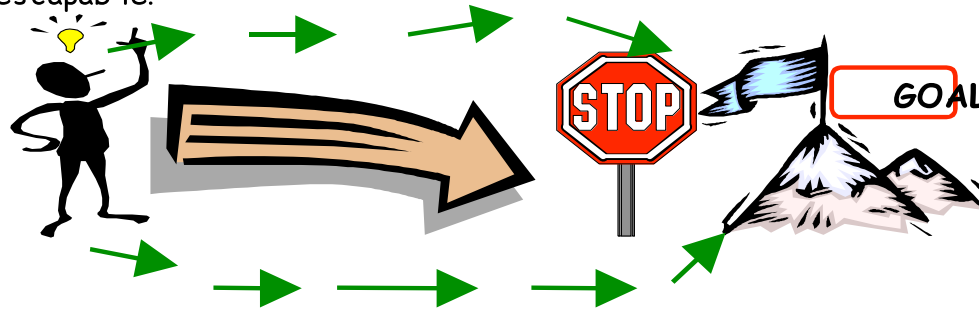


# Hopeful Thinking



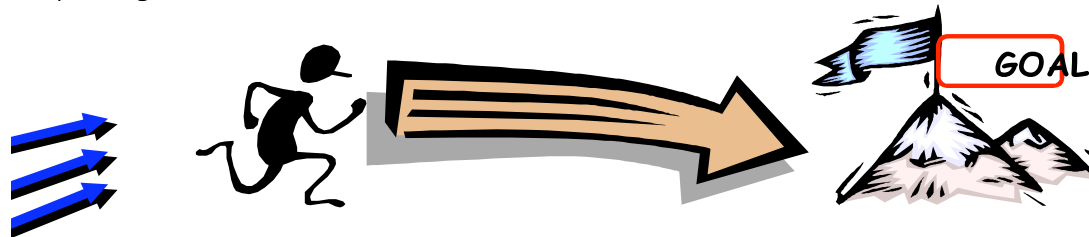
## Goals Thinking

Goals are the targets of your desires. Having goal thoughts is inescapable.



## Waypower Thinking

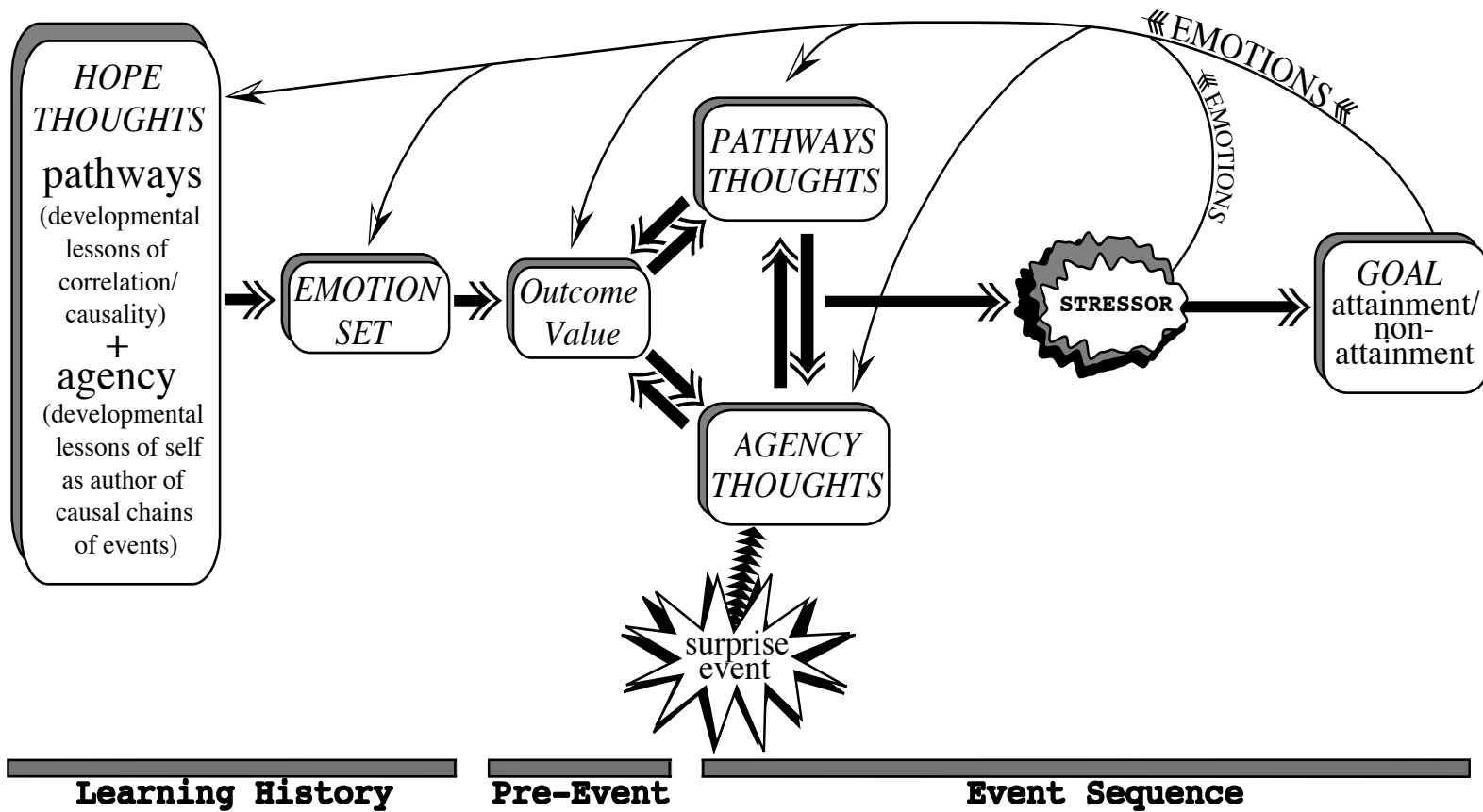
Waypower is your belief that you can generate pathways to reach your goals.



## Willpower Thinking

Willpower is your belief that you can initiate and sustain movement toward your goals along the selected pathways.

# The Hope Model Snyder (2002)





**How do you find hope?**



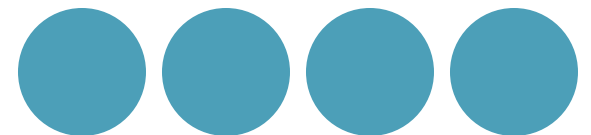




## 20+ Things You Need to Know About Hope

### Finding

5. Hope can be measured!
6. Hope is trait, domain-specific, and state.
7. Hope can be found in stories of struggle and success.
8. Hope is evident in our daily language.



# Hope can be measured!

## ***HOW TRUE OF YOU IS EACH STATEMENT?***

1= Definitely False   2= Mostly False   3= Somewhat False   4= Slightly False   5= Slightly True   6= Somewhat True   7= Mostly True   8= Definitely True

- \_\_\_ 1. I energetically pursue my goals. **A**
- \_\_\_ 2. I can think of many ways to get out of a jam. **P**
- \_\_\_ 3. My past experiences have prepared me well for my future. **A**
- \_\_\_ 4. There are lots of ways around any problem. **P**
- \_\_\_ 5. I've been pretty successful in life. **A**
- \_\_\_ 6. I can think of many ways to get the things in life that are important to me. **P**
- \_\_\_ 7. I meet the goals that I set for myself. **A**
- \_\_\_ 8. Even when others get discouraged, I know I can find a way to solve the problem. **P**

**1 + 3 + 5 + 7 = Agency**

**2 + 4 + 6 + 8 = Pathways**

# Hope Is Domain-Specific

School

Work

Family

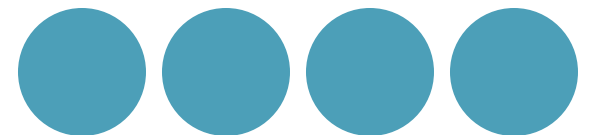
Fun

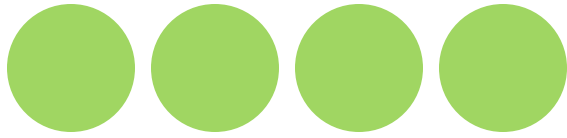
Romance

Other areas



**How do you practice hope bonding?**

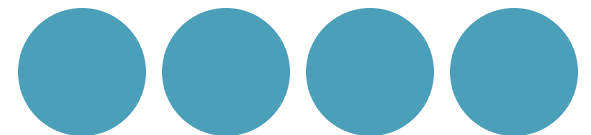




## 20+ Things You Need to Know About Hope

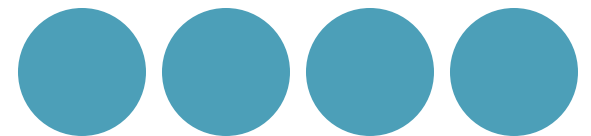
### Bonding

9. Therapeutic relationships are hopeful relationships.
10. Hopeful relationships can be found in a student's peer group and family.
11. Counseling groups can move towards the working stage via hopeful bonding.
12. Helpers can prevent burnout via hopeful consultation.





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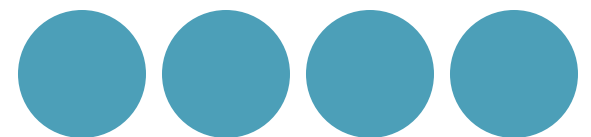


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**How do you enhance hope?**



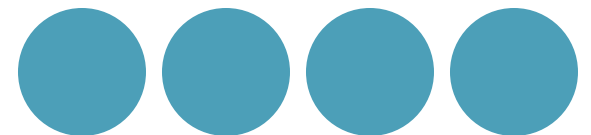


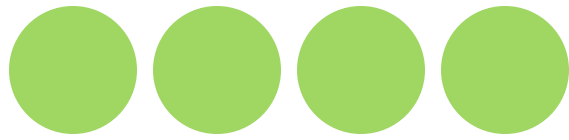


## 20+ Things You Need to Know About Hope

### Enhancing

13. Hope can be enhanced via formal programming.
14. Hope can be disseminated vicariously.
15. Hope talk can be used to share hope.
16. Students can enhance their hope by making small changes.





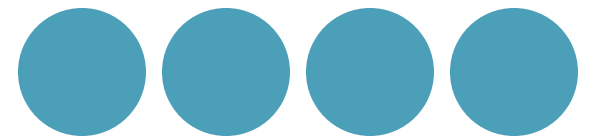
# Hope Enhancing via Hope TALK

Teach

Apply

Lure

Kindle

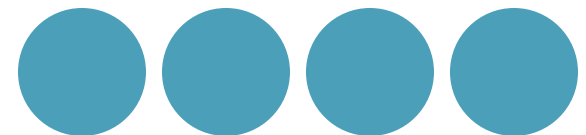




# Enhancing Goal Development

## GOALS checklist

- √ Be clear that the goal you set is one you really want.
- √ Become more aware about making decisions about goals.
- √ Before settling on goals, generate several in differing areas of your life (e.g., relationships, work, etc.).
- √ Rank your goals from most to least important.
- √ Settle on two or three most important goals.
- √ Make stretch goals in those goal arenas.
- √ Give recognizable and concrete markers to important goals.
- √ Put aside enough time for your important goals.
- √ Set up your life so not always interrupted by outside demands.

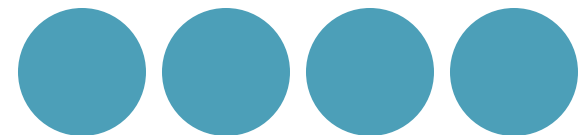


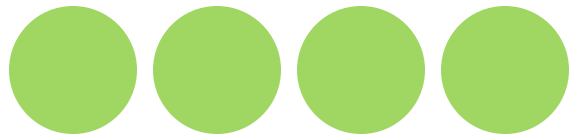


# Enhancing Pathways Thinking

## PATHWAYS checklist

- √ Practice making different routes, and select the best one.
- √ Rehearse in your mind what you are going to do to reach goal.
- √ Rehearse what you would do if you ran into an impediment.
- √ Break a long-range goal into steps or subgoals.
- √ If route doesn't work, conclude that had wrong pathway, but don't blame yourself or assume that you lack talent.
- √ Recognize if you need a new skill and go get it.
- √ Cultivate two-way friendships where you give and get advice.
- √ Ask for help.

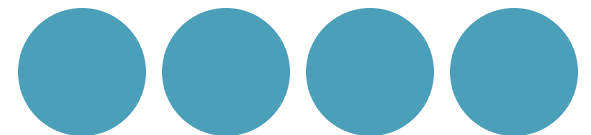




# Enhancing Agency Thinking

## AGENCY checklist

- Avoid too many “How am I doing?” type of questions.
- √ Talk to yourself in positive voices (e.g., “I can do this!”).
- √ Be able to laugh at yourself.
- √ Find a substitute goal when the original is impossible.
- √ Enjoy the process of getting to your goals.
- √ Attend to “little” things happening around you.
- √ Cut back on caffeine, as well as cigarettes and alcohol.
- √ Consistently get physical exercise.
- √ Rest through nightly - sleeping and daily relaxations.
- √ Recall your previous successes, particularly when stuck.





**How do you boost hope in small ways?**





## 20+ Things You Need to Know About Hope

### Reminding

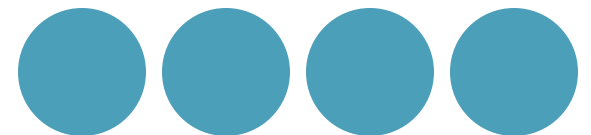
17. Hope profiling can crystallize hopeful memories.
18. Reflecting on mentors and heroes can boost agency.
19. Hope mini-interventions can be conducted anytime, anyplace.
20. Hopeful reconnections can be the best form of hope reminding.





***“Our belief is in the power of hope.”***

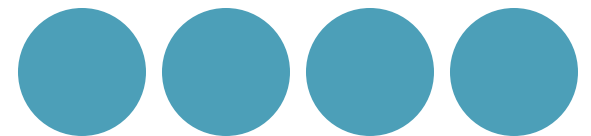
***Walt Menninger (1999)***







Make Hope Happen





Dr. Shane J. Lopez  
Gallup Organization

