



# HOW TO FIND HOPE WITHOUT HAVING THE SOLUTION TO ABSOLUTELY EVERYTHING

## Hope is:

*“a process of anticipation that involves the interaction of thinking, acting, feeling and relating, and is directed toward a future fulfillment that is personally meaningful”*  
(Charlotte Stephenson, 1991, p. 1459)

*“the fundamental knowledge and feeling that there is a way out of difficulty, that things can work out, that we as human persons can somehow handle and manage internal and external reality”*  
(Lynch, W. F., 1965, p. 32)

## How can I look to a less-than-promising future and be hopeful at the same time?

- Hope audaciously. Others can give you statistics, predictions and probabilities, but only you can decide what to hope for. So decide.
- Find hope in yourself. Discover how it feels to be hopeful. Hope is an emotion. Where does your body feel it? In your chest, your knees, your eyes or somewhere else?
- Express your hopes. Use the language of “I hope...”. Check for that hopeful feeling when you say “I hope...”. You may be surprised to find that others are willing to share your hopes, maybe even willing to work on them.
- Hang out with hopeful people. You know you have found the right people when you notice that you feel hopeful when you are with them. Avoid people who bring you down.
- Look for symbols of hope. Collect things that could remind you of hope at times when you might need it.
- Remember things that turned out better than you expected. Tell others about them.
- Remember impossible things that became possible. Tell others about them.
- Take the long view. Remember things that took longer than you expected. Tell others about them.
- Say things that make you hopeful. Speak as if you believe a hopeful future could happen. Use the language of “when” and “yet”. Start sentences with, “I believe...”.
- Do things that make you hopeful. Call them acts of hope.
- Hoping is an active process. Old hopes wear out. Keep finding new things to hope for.

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# HOPEFUL THINGS OTHERS WANT TO HEAR

## ABOUT THE PRESENT

- You are all right.
- I can help you.
- Let's just get through this crisis.
- We can handle this.
- Let's just do this one thing.
- Let's take on one thing at a time.
- Let's do this and call it an act of hope.

## LANGUAGE OF YET

- We haven't figured out how to solve this yet, but we are working on it.
- We don't know enough about this yet but we are working on it.

## ABOUT THE FUTURE

- It will be all right.
- Tomorrow will be better.
- Tomorrow it will be easier to think about this.
- I will look for somebody who can help you.
- This is a time when things could be different than they have ever been before.

## LANGUAGE OF WHEN

- When your depression lifts...
- When you feel better...
- When this crisis is over...
- When we figure out what to do about this...

## LANGUAGE OF I BELIEVE (CONFIDENCE BACKED BY EXPERIENCE)

- I believe you will get through this because I have known others who did it.
- I believe you will see other ways as time goes on.

## FINDING HOPE IN THE PAST

- Tell me about a time when something worked out better than you expected.
- Tell me about a time when you thought something was impossible, and then it turned out to be possible.
- Tell me about a time when you were okay but you didn't know it.
- Tell me about a time when something was going your way, only you didn't know it.
- Tell me about something that seems funny now, even though it wasn't at the time.

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