

Activity: The Five Constructs of **HOPE**

1. Each table or group picks a client or case to discuss. While listening and learning about the client/case, search for real world examples of each type of Hope in their story.
2. Share out with others to gain a deeper understanding of each construct.
3. Make a list of OTHER constructs of hope not listed here. What other types of hope can we train ourselves to look for or see?

1. Hope as **WILL** – Being inspired/Having inspiration

- Will to live, to survive, to recover, to learn
- Can involve meaningfulness and dignity in the face of disease/death. Involves more than just the chance for a cure
- “Will” Hope can endure without evidence or “Way” Hope

2. Hope as **WAY** – Attached to something/someone (hope is not groundless)

- People place their hope IN something
- Hope may be in:
 - Oneself – abilities, resources
 - Others – abilities, resources
 - Higher power
- A part of understanding someone is to understand what one hopes in or where one places their trust/confidence

3. Hope as **WISH** – A specific desire or outcome

- Examples include:
 - I hope my daughter recovers from drug addiction
 - I hope I can get out of this bad relationship
 - When I grow up I want to have a Ford F350 with 2 Quads on a trailer
- Elements of will and way hope may be present

4. Hope as **HORIZON** – An ability or willingness to see beyond present circumstances

- “This too shall pass”
- Being open to possibilities that may transcend the current situation
- “What would you like your life to be like in 10 years?”

5. Hope as **ACTION** – Hope expressed as action (in spite of current circumstances)

- Living “in spite of”/Acting “in spite of”
- Beyond the realm of thoughts and feelings
- Actions may be individual or collective

Borrowed and adapted from:
Yahne & Miller (1999)
As adapted by Clark (2004)