

THE THERAPEUTIC POWER OF HOPE!

*Just what makes that little old ant... Think he'll move that rubber tree plant
Anyone knows an ant, can't ...Move a rubber tree plant
But he's got high hopes, he's got high hopes
He's got high apple pie, in the sky hopes...Frank Sinatra*

WHAT TO KNOW!

- ❖ Hope can be a powerful tool to overcome/eliminate depression and other disorders
- ❖ Hope is a belief and an expectation that what you want to happen will happen
- ❖ Hope happens when we have a goal, a determination to reach it, and a plan on how to achieve the goal
- ❖ It is a combination of emotions and beliefs that we can reach specific goals
- ❖ It can also be a strength as hope gives us motivation and energy to complete tasks
- ❖ Hope and optimism differ; hope involves planning to meet goals while optimism is an expectation that good things will happen
- ❖ The goals we hope for should have value to us so that we will pursue them
- ❖ Goals should be challenging in order for there to be interest in achieving them
- ❖ People with hope look for alternative solutions rather than blame
- ❖ Hopeful people generate several plans on how to reach their goals
- ❖ Hopeful people feel challenged not demoralized by goals
- ❖ Hopeful people remember more positive comments about themselves and have higher self esteem
- ❖ Studies have shown that people with high hopes do better athletically and educationally and cope better with physical illness
- ❖ Pain patients with high hopes have been shown to tolerate pain twice as long as others
- ❖ Hopeful people tend to be more popular and have more meaningful relationships
- ❖ Hope therapy focuses on using people's strengths to overcome problems
- ❖ Hope can be taught and developed in many people, especially in those who need it
- ❖ People who are not hopeful tend to be pessimistic, resistant, and stuck

WHAT TO DO!

- ❖ Allow yourself to have hope and believe your future will be better
- ❖ Have short term and long term goals
- ❖ Choose your own meaningful goals for yourself; do not let others choose your goals
- ❖ Define your objectives using positive language such as "I can" or "I will"
- ❖ Develop a plan on how to achieve your goals
- ❖ If your plan falters, develop another plan and another and another, etc.
- ❖ Let others support you in achieving your goals
- ❖ Stay focused on your task; prevent distractions
- ❖ Enjoy the journey to achieve your goals
- ❖ Listen to inspirational music or speeches
- ❖ Watch inspirational videos on the internet
- ❖ 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@aol.com**.

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