



Hope and Hopelessness

Jamie Auld
University of Brighton

Why I became interested in hope and hopelessness

Hope

An interaction between;

- Agency – “I can do this”
- Pathways thinking – the link between present position and goal
- Goal – the anchor of hope

(Over short or long term)

Held in cognitive domain

Snyder (2002)

Goal types

- Type 1a – something desired yet to be gained
- Type 1b – something achieved and desired to maintain
- Type 2a – to avoid negative outcome
- Type 2b – delaying an undesired outcome

(Snyder 2002)

- What do you hope for in your daily life?

Share your experiences in small groups

Hope; a definition (how does this compare?)

“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”

Stephenson (1991)

Snyder (2002) offers a cognitive view of hoping

How else can hope be viewed?

Four noble truths

- Unsatisfactoriness can be experienced
- Its has origins
- That unsatisfactoriness can cease
- That there are ways towards achieving this

Modes of hoping

'Open ended'

- Patient
- Critical

'Goal-directed'

- Estimative
- Resolute
- Utopian

Webb (2007)

The vulnerability of hope

'Hope is nothing but the paint on the face of existence; least touch of truth rubs it off, and then we can see what a hollow cheeked harlot we have got hold of'

(Lord Byron in a letter to Thomas Moore 1815)

'Hope is the worst of evils for it prolongs the torment of man'

(Nietzsche 1878)

Hoping 'badly'

- **Wishful hope** – goal directed without sense of personal agency
- **Wilful hope** – strong sense of personal agency; sense of self relies on personal achievement of goal

Both vulnerable to despair if goal not achieved

Questions to avoid pitfalls of hoping

- Do I hope because I am afraid to see the reality of the situation?
- Do I use hope to avoid action?
- Do I hope because I want the magic answer?

(Nell 1972)

Hoping well

What is clear is that the individual's experience of hope can be transformative.

If we are able to 'hope well' then this can lead to reduced stress, increased sense of agency with our lives and improved outcomes in our physical and emotional health

(McGeer 2004)

Despair

Arising from a conative deficit, where the person is unable to connect with any motivation toward happiness and its causes

(Wallace and Shapiro 2006)

Wanting to die....A hopeless state?

'For those insisting on active euthanasia I believe that hope has died, otherwise they would want to go on living'

(Hockley 1993)

'Rational no hope'

(Hockley 1993)

Much has been written of the relationship between hope and survival rates in people facing life limiting illness.....Is accepting death borne from a position of hopelessness?

World shock and finding new hope

Connecting with inner hope when all else fails us...

'finding a new sweet tenderness'

(Wellwood 2000)

Central attributes of hope

- Hope as a rational process – the mind of hope
- Hope as an experiential process – heart felt hope
- Hope as a spiritual or transcendent process – the soul of hope
- Hope as a relational process – the gift of presence

(Farran et al 1995)

Hope collage

What images instill hope in you?

Draw or write what these are on the whiteboard

Once complete take time to view and read the images and words created by others

How do they compare to Farren's factors that promote hope

- Love of family and friends
- Spirituality/having faith
- Setting goals and maintaining independence
- Positive relationships with care givers
- Humour
- Personal characteristics
- Uplifting memories

How can we work with these in our own lives and in the lives of others?

Can hope be 'administered'?

Using imagination

(Farren 1995)

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