

# Hope, inspiration and resiliency and the making of the *Inspired Self*.

What would a life be without  
inspiration and hope?

The goal of this workshop is to read quickly, listen acutely, to merge what is read and heard, and to make inspiring conversation within ten minutes.

To contemplate the need for inspiration in every life, and hope, and to build an endeavor in the next minutes to understand the ***Inspired Self***, a life full of inspiration and hope.

# What is the self?

While no one can agree on exactly what the self is, as adults we still have a very real sense of self that permeates daily social experience. It arises in many forms. There is the sense of self that is a simple, distinct, integrated body; there is the agent of actions, the experiencer of feelings, the maker of intentions, the architect of plans, the transposer of experience into language, the communicator and sharer of personal knowledge. Most of these senses of self reside out of awareness, like breathing, but they can be brought to and held in consciousness... they appear to belong to some kind of subjective organization that we commonly call the sense of self. (Stern, 1985)

# Objectives

- To discuss the psychology of hope, resiliency and inspiration in relation.
- To contemplate the developmental, **contagious** nature of emotions; the cognitive/behavioral benefits to implement conscious application of hope, inspiration and resiliency
- To wonder what difference might occur when adults and children are **taught** to wrestle with malady less, and to seek cognitive/behavioral approach to living with more hope and more inspiration.
- To discuss the Inspired Self, the renovation of psychological terminology to include interest in self psychology, to build a ***Hope Center*** in memory and human development of hope, inspiration and elation emotion.

# What is hope?

“What oxygen is to the lungs such is hope for the meaning of life. Take oxygen away and death occurs through suffocation, take hope away and humanity is constricted through lack of breath. . . . As the fate of the human organism is dependent on the supply of oxygen, so the fate of humanity is dependent on its supply of hope.” (Bruner, 1954)

# Premises of hope and inspiration

Hope and inspiration are natural experiences in the self that increase elation emotions and decrease depression/anxiety

Hope and inspiration are attached to memory and autobiography

Hope is the cornerstone to all other elation experiences, happiness, joyousness, surprise, promise (Kast, 1991)

The loss of hope brings helplessness, hopeless, worthlessness, decreased ingenuity, creativity, depression and anxiety.

Hope is found when people engage with persons, places and things.

Hope can be learned and taught and is essential to living well.

Elation affects are contagious just as other non-optimistic affective states are contagious.

# What children say about hope.

Hope is wishes (seven year old girl)

Hope is what you have when you get what you want (seven year old boy)

Hope is what you have when you want what you want. (twelve year old girl)

Hope is the balance between needs and wants.  
Sometimes you hope for what you need for,  
sometimes you hope for what you want for.  
Hope is the balance between needs and wants.  
(eleven year old boy)

# What a child says about inspiration.

Inspiration is inside when you want to do something or want to do what someone else has done. And, you want it, you really want it, but you don't think you can do it, and when you see someone else do it, you think, I can do that, and I really want to do that. And, then, I have inspiration. (twelve year old girl)



# Inspiration

Inspiration is a central state of vibrancy, a spark, and critical to happiness and hope. It is the appreciation for the gloss on the apple peel or the cluster of apples in the wood bowl or appreciation for the snow hanging from the spruce or one's footprints in the snow or the view of the couple hand in hand or the child dancing without hesitation. Inspiration is part of the hope compound, and the composition of the *Inspired Self*.

# Hypothesis for consideration

To transverse the maladies of the present and past is to possess positive uptake in the self. To keep elation in the self in the present is to overcome obstacles, to hurdle, to maintain optimism, to keep a ***Hope Center*** believing that resolve, hope, inspiration, joy, happiness, contentment, creativity, ingenuity, determination, will are always at hand and around the corner. To keep this interest is to know that life is full of the “beauties of life.” (Bloch, 1995)

# Inspiration and Hope

## Cognitive Behavioral Compound

Inspired thinking + pathway = Inspired behavior

Inspiring thought- “I’d love to paint.”

Pathway- Take a class and learn to mix colors and keep regular interest in painting.

Inspired thinking and behavior = Hope

Hope + Pathway = Hope Achieved

Past hope achieved= Future capacity for hope

Hope Center= Hope is sustained or diminished in the self, an “umbrella” of hope.

"When inspiration doesn't come to me, I go halfway to meet it" Sigmund [Freud](#)

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