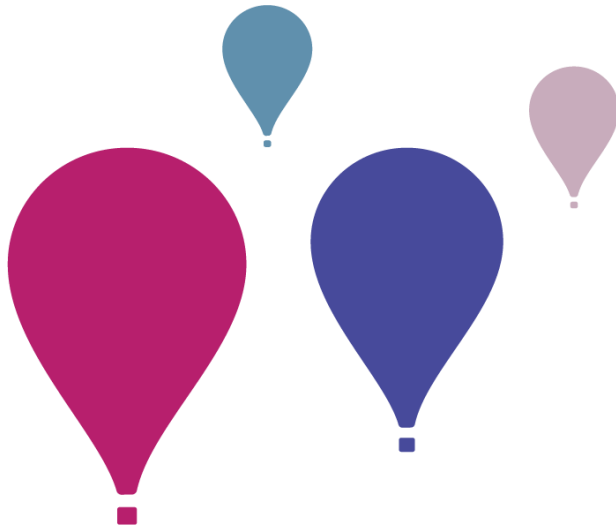


Understanding Hope as an Intervention Strategy

RESOURCE GUIDE



“Hope is the perceived capability to derive pathways to desired goals and motivate oneself via agency thinking to use those pathways.”

- C. R. Snyder

Hope...

- Is measurable
- Can be learned
- Makes a difference in life and health outcomes

HOPE THEORY

AGENCY THINKING

BELIEVING THAT YOU CAN INVESTIGATE CHANGE AND ACHIEVE YOUR GOALS



PATHWAYS THINKING

FINDING DIFFERENT WAYS TO ACHIEVE YOUR GOALS

GOALS

APPROACHING LIFE IN A GOAL-ORIENTED WAY

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Resources

[Why your doctor should examine your hope](#), Lopez, S. J. (2013), Psychology Today.

Adult Hope Scale (AHS)

[Interactive Survey](#)

[PDF](#)

Hope Map

[Video](#)

[PDF](#)

Books and Articles

- Dweck, C. S. (2008). *Mindset: The new psychology of success*. New York: Ballantine Books.
- Lopez, S. J. (2013). *Making hope happen: Create the future you want for yourself and others* (1st Atria Books hardcover ed). New York: Atria Books.
- Nakazawa, D. J. (2015). *Childhood disrupted: How your biography becomes your biology, and how you can heal*. New York: Atria Books.
- Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., ...Harney, P. (1991).
- C. R. Snyder, Editor (2013). *Handbook of Hope, Theory, Measures and Applications*. Academic Press.
- The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60(4), 570-585.
- Snyder, C. R. (1994). *The psychology of hope: You can get there from here*. New York: Free Press.
- Snyder, C. R. (2002). *Hope theory: Rainbows in the mind*. *Psychological Inquiry*, 13(4), 249-275.