







"Hope is not Pollyannaish optimism — the assumption that a positive outcome is inevitable. Instead, hope is a motivation to persevere toward a goal or end state, even if we're skeptical that a positive outcome is likely."

—Professor Everett Worthington

Psychologists have found that there are many ways we can work to keep up hope in stressful and overwhelming situations. Perhaps the first step is to acknowledge the reality that there's always hope, no matter how difficult or dire a situation may seem. Thoughts and feelings connected to hopelessness are almost always tied to some type of cognitive distortion that's keeping reality with the common one being what's known as "fortune telling" or "jumping to conclusions." This type of cognitive distortion involves making a negative prediction about the future even when the facts don't warrant such a conclusion and being convinced that this prediction is an established fact. (An example of this kind of cognitive distortion might be someone making a small mistake at work and assuming they will be fired as a result—even though their boss has been reasonable and understanding when coworkers have made similar mistakes.)

Even in extreme circumstances such as being diagnosed with a terminal illness, hope can still play a powerful role. The fact remains that nobody—not even the best doctors—can predict the exact course the disease might take. For example, there are thousands of examples of individuals defying all odds and going into remission, or living much longer than expected. Psychiatrist and best-selling author of *The Feeling Good Handbook*, David Burns, points out that hope can also promote well-being among individuals who have received a terminal diagnosis. Burns explores this very experience with a woman he knows well who has just been diagnosed with stage 4 lung cancer, over the course of a live therapy session. She emerges much more hopeful and positive than when she started, even amidst the troubling uncertainty of her diagnosis.



Kelvin C.S., popularly known as John Lewis is a civil rights leader and a politician from America. John currently is the United States of America, Georgia's 5th congressional district Representative, and is presently serving his House 17th term. John Lewis has worked since the year 1961 and is Georgia Congressional delegation dean. His district comprises of Atlanta's northern three-fourths and is a Democratic Party member. John Lewis has been very successful throughout the years.

In the year 1957, John Lewis attended the American Baptist Theological Seminary situated in Nashville, Tennessee. While at the Seminary, John Lewis researched about the nonviolent protest and assisted in organizing sit-ins separated lunch counters. John Lewis got arrested while demonstrating, and his mother was not happy with him indulging himself in the demonstrations. However, he was dedicated to the Civil Rights Movement and continued to take part in the 1961 Freedom Rides.



Grounds for Hope

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The phenomenon of hope has been described according to spheres and dimensions. The two spheres and six dimensions of hope, deduced from interviews and observations of elderly patients with cancer and tested on another population, serve as a theoretical model for understanding the complex nature of hope. They provide a perspective for assessing hope and for therapeutically influencing hope in persons during the last phases of life and in their families.

Analysis of data suggests hope is a multidimensional, dynamic life force rather than trait-oriented and unidimensional. Therefore, there is always hope. The nursing challenge is to understand how hope may be operative, in order to facilitate and support this indispensable resource throughout the illness experience, but perhaps most importantly, during the last phase of a person's life.

Hope locates itself in the premises that we don't know what will happen and that in the spaciousness of uncertainty is room to act. When you recognize uncertainty, you recognize that you may be able to influence the outcomes - you alone or you in concert with a few dozen or several million others. Hope is an embrace of the unknown and the unknowable, an alternative to the certainty of both optimists and pessimists. Optimists think it will all be fine without our involvement; pessimists take the opposite position; both excuse

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