

How to Stop Feeling Hopeless: Practical Steps to Reconnect With Hope



10 free tracks

With companion [Practices](#)

Created in collaboration with the Jed Foundation

Feelings of **hopelessness** can arise after a major loss, overwhelming change, or during periods of ongoing stress. When hopelessness is persistent or connected to depression, additional support is often needed.

This worksheet is intended to support reflection and coping alongside connection, care, and support. If you are experiencing depression or persistent hopelessness, this worksheet is best used with a mental health professional or as part of a broader support plan, rather than on its own.

Understanding Hopelessness

Hopelessness is more than feeling sad or discouraged. It's the belief that nothing will change and that the future holds no relief. While these feelings can be intense, they are also a common human response to pain, loss, and uncertainty. Not a personal failure.

Hope is essential because it helps us believe that things can improve, even when we don't yet see how.



Step 1: Notice and Name Hopeless Thoughts

When you feel hopeless, your mind may jump to worst-case scenarios or assume that a painful situation is permanent. This pattern, often called catastrophizing, can deepen despair.

Common signs of hopeless thinking:

- "This will never get better."
- "Nothing I do will matter."
- "I'll always feel this way."

1. What thoughts tend to show up when I'm feeling hopeless?

2. Do these thoughts assume the future is fixed or permanent?



Step 2: Practice Reframing, Gently

Reframing doesn't mean forcing positivity or ignoring pain. It means opening yourself to the possibility that more than one outcome exists.

