






The Hope Box

Items in a Hope Box may include:

- Letters or printed emails that mean a lot to you. 
- Photos of special times you have had – or of special times you hope to have, such as photos of a vacation spot or an activity you enjoy doing.
- Photos of loved ones.
- Inspirational quotes or philosophical versus (Taoist, Buddhist, Stoic...). 
- Jewish, Christian, or Faith-based verses, if you are religious.
- Articles or columns that you find meaningful
- Jokes that make you laugh. 
- Anything else that reminds you of reasons to stay alive.

The hope box is a technique used in cognitive behavioral therapy. The idea is to arm yourself to fight the tunnel vision and distorted thinking that can occur with suicidal thoughts – to give yourself reminders of hope even when you feel none is a power move.

*This Hope Box idea was seen on the Speaking of Suicide website. You can get additional suicide prevention information at: speakingofsuicide.com

What can you put in your Hope Box?

1.

2.

3.