

Ribbon of Worth Resources www.ribbonofworth.com

The Hope Box idea as created for the [Speaking of Suicide](#) website can be a useful tool.

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
- Bible 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, as [this article](#) explains. 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.



