

Hope & Meaning making Kit

This toolkit is to help you have hope in times of despair, but it is also there to help you make meaning of distress.

- Take any box you like.
- Put in it 4-5 items in it which mean a lot to you. It can be a keychain, maybe a photo, maybe a ring, anything that has given you meaning or hope in life. Name the box 'Hope Kit'
- You could also ask friends and loved ones to write notes to you and keep those in there.
- (Note - if you are struggling with distress and meaning making, skip to the fourth page directly).
- Write the name of the item and the memory attached to it in the space given below:

Item:

Memory:



Item:

Memory:



Item:

Memory:



Item:

Memory:



Item:

Memory:



Meaning making

“If I am feeling very much in pain, that hope is not accessible, then I try to understand my pain from different vantage points.”

This sentence can help you find meaning and context to your pain, so that you can separate from it a little and look it at from above. Seeing pain as arising in context helps us know that it is not a permanent state and you have the power to reduce your pain and make different choices.

Think of the following prompt -
“So, if I am feeling helpless or hopeless, is this situated in an early relation that I had or some early childhood context that I had, rather than a true reflection of my worth or my reality right now? “

- Write in below given space anything that you are looking forward to/ you wish to experience in your life.
- It can be a dish you want to taste, it can be a place you want to visit, it can be an event you want to attend, it can be a person you want to meet, any activity you want to do, anything that sparks joy for you.



