

# Building Hope

**Assumptions** (*while you have likely see these assumptions before, we would invite you to think back to times where you have seen these in action in your own practice*)

- Small changes lead to big changes
- There are always exceptions to every problem
- I believe that every person brings with them resources and skills
- The client is the expert of their lives
- I trust that the person has a good reason for what they do
- Meet people where they're at
- The solution isn't always linked to the problem

**Questions to consider** (*These are some questions that you may find useful in thinking about maintaining hope in your work*)

- Who do you already have in your network that helps to give you hope?
- What do you notice about your practice that tells you hope is present? What else? What else? What else?
- At the start of your work with someone, what are you most impressed about in terms of the hope you bring? How do you show that? How do you do that?
- On a scale of 0 to 10 with 10 being that you have absolute hope in the person/people that you are working with and 0 being the opposite. Where are you now? What keeps you up at that number? (List 15)
- What do you notice about yourself that tells you that your SF brain and heart are working together?
- What helps you to recover when your hope is dented?



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