

Sustaining Hope in an Eco-Social Crisis

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The Nature of Hope

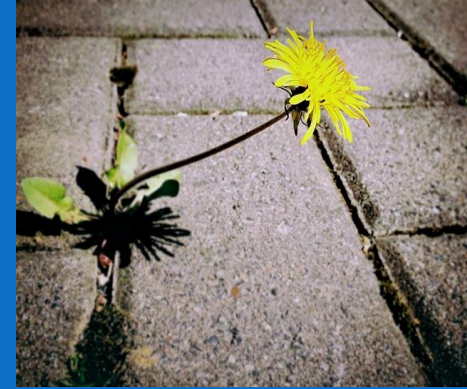


Extrinsic Hope



- Desire, expectation and anticipation of achieving specific outcomes
- Improvements in our circumstances or conditions
- Accompanied by disappointment, sadness, anger, etc. when we don't get what we hope for

Intrinsic Hope



- Trust, a basic confidence or faith in life
- Positive, but not necessarily optimistic, attitude to life that does not depend on achieving improvements
- Not based on conditions in the external world; we are all born with it

Turn to a Neighbor...

- Do these ideas about extrinsic and intrinsic hope make sense in your experience?
- What are some of your extrinsic hopes? How do you feel if they are not fulfilled?
- How does intrinsic hope show up in your life? What do you have intrinsic hope in?

Habits of Hope (1)

- Being in the present moment
- Expressing gratitude
- Loving others and the world



Habits of Hope (2)

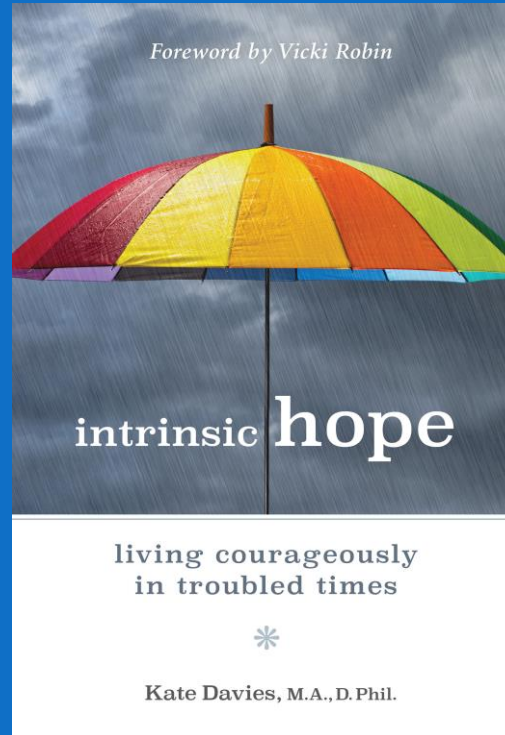
- Accepting what is
- Taking action
- Perseverance



Turn to a Different Neighbor...

- Do these habits of hope resonate with you?
- How do you cultivate intrinsic hope?

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