



Maintaining Hope Amidst the Daily Struggles of Brain Injury

Hope: The virtue of desiring and searching for a future good, difficult but not impossible to attain

Stephenson (1991) defined hope as “a process of anticipation that involves the interaction of thinking, acting, feeling, and relating, and is directed toward a future fulfillment that is personally meaningful.”

For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment.

~ Viktor E. Frankl

What oxygen is to the lungs, such is hope to the meaning of life.

~ Emil Brunner

Hope is the dream of a soul awake.

~ French Proverb

While I breathe, I hope.

~ Latin Proverb

Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it.

~ Bill Cosby

- Positive music has been found to influence hope (Ziv et al., 2011)
- Hope has been shown to be an important factor in mental health recovery (Larsen, 2010)
- “Higher hope is virtually always related to more beneficial life outcomes” (Cheavens, Michael, & Snyder, 2005)
- Discourse analysts assert that language is constitutive of experience. A shift in language may, in fact, shift experience (Potter & Wetherell, 1987; Willig, 1997)
- Hope has been associated with adjustment to diseases. (Berendes et al., 2010)
- Hope is an adaptive coping strategy as well as a factor that enhances quality of life (Mok et al., 2010)