

Hope Worksheets



Hope & Spirituality Worksheets for People with Psychiatric Disorders

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Facilitator's Guidebook Layout

Supplies Needed:

3-ring binder

Sheet protectors

Computer/copy paper

Title Page

Statement of Purpose:

People of different beliefs or no beliefs are welcome to participate. Nothing is required to participate. Facilitators will not impose their own beliefs on others. The purpose is to offer support and encouragement through exploration of the power of hope and faith through a holistic perspective.

Put the following information on pages to put inside your Guidebook binder:

Exploration #1

What is spirituality?

- It is our connection with what exists beyond what can be seen
- It is what gives you meaning and purpose
- It may or may not involve a specific religion
- It can be a way to find hope and strength in difficult times
- It can bring comfort and help with healing
- It can help to prevent violent behavior

Exploration #2

Shalom: in spirituality, means wholeness

We need to be in touch with our true self and spirit

For Values: what do you value?

Ask: What do you value in a spiritual life or when you are following your heart? What is your story, experiences? What important events shaped your spirit and life? [Honor their story]

In my own story here is how I describe what was and is important for me:

Here is my own understanding: [take initiative, offer up—it has power]

What would be important in order to have a balanced life? [Example: For me, I need prayer and worship, spending time with others. That has been my experience.]

Dimensions of health: Sense of belonging for the life of the spirit

What gives you a sense of belonging? Where do you feel you belong? [Author, Joseph Myers] It may come from a right relationship with God.

Love from others: 1 or 2 who know us well; personal belonging: 5 or so others that give understanding and support; social belonging: a wider group who just might say, "Hello." A public belonging.

Do you feel like you have no friends? Where do we find friends?

- The workplace
- Social club
- Social belonging at places of worship like a church? Synagogue?
- Faith—with God?

Where do you feel a sense of belonging? With people or with God or both?

Facilitator can say, "That reminded me of my own experience...here is what happened to me. Here is my own story...."

Exploration #3

WORDS

In the following pages, leader: put each word with photo on its own separate page in a sheet protector. Place all the pages on a table in front of group participants for them to see and choose (to pick up).

Announce:

“Pick out a word that is important to you. And think about why this word is important to you. Why do you value this word? What does it remind you of? What does it make you think of?”

Forgiveness



Peace



Hope



Joy



Meaning



Love



Purpose



Exploration #4

Strength

What gives you strength to get through the day? What do you think about? And what do you do that gives you strength?

Exploration #5

Inspired You

Tell us about something that inspired you—a person or something that happened.

Exploration #6

Talents & Gifts

1. What are your talents and gifts? For example, what was your favorite subject or activity in school? What were you good at? What are you good at now?
2. Do you play a musical instrument?
3. Do you read books? What kind of books do you enjoy reading? Do you enjoy writing? What kind of things do you write about?
4. If you could have any kind of job you wanted, what kind of work would you enjoy doing?

Exploration #7

Asking the Higher Power

If you could ask the Higher Power just one question, and you knew you would get an answer, what would that one question be?

Exploration #8

Creativity

You see things and say, "Why?"

But I dream things that never were and say, "Why not? "

George Bernard Shaw

No matter how old you get, if you keep the desire to be creative,
you're keeping the [man/woman]-child alive.

John Cassavetes

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Compassion

I feel the capacity to care is the thing which gives life its deepest significance and meaning.

Pablo Casals

All the world is full of suffering; it is also full of overcoming it.

Helen Keller

Exploration #9

Change & Growth

We are capable of change and growth. This reality can give us hope!

Exploration #10

12 Questions of Meaning

Put each question on separate pages in extra-large type. Pass them out to each group member one at a time, discussing them one at a time. Let them keep the pages to take home.

Here are the questions:

- #1 What have you learned about life from this painful experience?
- #2 How did the crisis you went through relate to your personal faith?
- #3 Are your religious beliefs a help in handling this rough situation?
- #4 Do you see anything constructive resulting from coping with this difficult experience?
- #5 Does all this seem to have any meaning as you understand things? What is the meaning as you interpret it?
- #6 "My life has the most meaning, hope and energy when....And has the least when..."
- #7 "The values that are exciting and really worth living for me are..."
- #8 "I feel most alive (hopeful, like celebrating the goodness of life) when..." "I feel the most zest for life when..."
- #9 "The parts of my faith that enrich my relationships are..."
- #10 "The parts of my faith that help me handle losses are..."
- #11 "To strengthen and deepen my spiritual life, I need to..."
- #12 "I believe that my existence has a purpose. The purpose of my life is..."

Exploration #11

Lessons on Morals and Ethical Values

Morals & Ethics: Essential Virtues and Doing the Right Thing

Helpful lessons and reminders for those with psychiatric disorders who may have suffered from previous deprivation and abuse:

Put each virtue with definitions and questions on separate pieces of paper. Go over each one separately. Make copies and pass them out one at a time to each participant. Read the section out loud to participants one at a time, taking time for discussion.

#1 Empathy

What empathy is:

Empathy is something we have that allows us to understand how other people feel. This is something that allows us to become more sensitive to the needs and feelings of others. We will then be more likely to help those who are hurt or troubled—treating others with compassion. It is also something that generates a powerful emotion that urges us to do what is right because we can recognize how our behavior affects others, the impact of emotional pain on others, and it stops us from acting in a cruel manner.

1. When you hear the word, “empathy,” what does that make you think of? And how do you feel?
2. What are some examples of empathy?

#2 Conscience

Conscience is knowing the right and decent way to act and carrying it out. The inner voice that helps us know right from wrong—is at the foundation for ethical behavior, decent living and solid citizenship. It's what morality is all about; together with empathy and self-control, it's one of the three cornerstones of moral intelligence.

What People with a Conscience Do:

- Act the way they know is right
- Do not steal, cheat, or lie, because they know it's wrong
- Obey authorities when it doesn't contradict ethical guidelines
- Are not swayed by others who are a bad influence
- Can be trusted to do what they are told
- Admit when they are wrong
- Obey the rules because it's the right thing to do (when rules do not conflict with good ethics)

#3 Self-control

Self-control is regulating your thoughts and actions so that you can stop any pressures from inside yourself or from other outside sources so that you can act the way you know and believe is proper and good.

Summary of First Three Virtues: Empathy, Conscience & Self-Control

Empathy helps a person feel the emotion of another, and conscience helps a person know right from wrong; self-control is what helps a person monitor or restrain their behavioral impulses so that he/she really does what they know is morally right in their heart and mind.

If a person has self-control, they know that they have choices and they can control their actions. It is the virtue that motivates generosity and kindness and can help them restrain themselves from immediate gratification, thereby doing something for someone else instead.

#4 Respect

Respect is showing that you value others by treating them in a courteous and considerate manner; that all people should be treated with inherent worth and dignity. It is the cornerstone to preventing violence, injustice, and hatred.

Respect is the quality that motivates us to treat others in a kind way and to value human life. Respect enforces the Golden Rule: treating others the way we want to be treated and caring about the rights of others.

#5 Kindness

Kindness is acting in such a way that shows concern about the welfare and feelings of others. Acts of kindness are what build civility, humaneness, and morality.

What Kind People Do:

- Stick up for someone being teased
- Offer to help someone in need
- Show concern when someone is sad
- Refuse to be part of ridiculing others
- Pay attention to others' concerns
- Think about the needs of others
- Behave in a manner that makes others happy
- Show concern when someone is treated in an unkind way

#6 Tolerance

Tolerance is to treat all people with dignity, kindness, respect, love, justice, and understanding even though some may have different beliefs and/or behaviors than our own.

With tolerance we appreciate the richness of human diversity, of the many positive qualities and contributions of people from all backgrounds, races, countries, and cultures. We are open to learning about what is interesting, useful, and enriching about other ways of thinking and doing. Tolerance is looking to discover the good in all people.

#7 Fairness

Fairness is making the choice to be open to new ideas and to act in a just and ethical way.

Fairness is to think and behave in an honest way and to play by the rules, take turns, share, and listen to all sides before judging. This is to live lives ethically, being sensitive to moral issues. A person who shows fairness will be much more tolerant, civil, understanding, and caring.

SUMMARY

Good Mental Health

People who embody these seven virtues listed above will be the best hope of forming a peaceful, moral world based on compassion, tolerance, respect, and goodness. These seven virtues are what good mental health is comprised of; they are things everyone can strive for no matter what age, educational background or culture.

Sources for Guidebook

Clinebell, Howard J., Jr., *Mental Health Through Christian Community*; Abingdon Press; copyright 1965

Clinebell, Howard J., Jr., *Counseling for Spiritually Empowered Wholeness: A Hope-Centered Approach*; Haworth Pastoral Press; copyright 1995

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The Reverend Kyle Otterbein, MDiv, Associate Pastor, St. Andrew Presbyterian Church, Iowa City, IA

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