

How to Create a Hope Box

When you feel trapped, or overwhelmed by feelings of hopelessness, helplessness and worthlessness, a Hope Box might help you feel better. A Hope Box or Hope Kit is a CBT (cognitive behavioural therapy) technique that helps you tide over a crisis by reminding you why life is worth living.

A Hope Box can be put together by yourself or the help of your therapist or friend. It contains items that will lift you, change your mood, and mitigate the current crisis. Here are some things that you could put into a Hope Box:

- **List of reasons you want to stay alive** - for example, “I want to travel the world, I want to take care of my parents, I want to finish my Master’s degree, I want to start a business, etc.”
- **Memorabilia** - like cards or notes that makes you feel happy, joyful or hopeful
- **Photograph that invokes joy** - this could be from the past or of something something you want to do in the future
- **Letter you write to you future self** - could tell you how to tide over the crisis and reassure you that everything will be fine
- **Distracting activities** - like art supplies to express your feelings, puzzles, etc. that can take your mind off the current situation
- **Gratitude list** - reminding you of all that has gone well in life
- **Inspiring words** - your favorite quotes, affirmations, prayers
- **Phone numbers** - of therapist, loved one, suicide crisis helpline, closest hospital