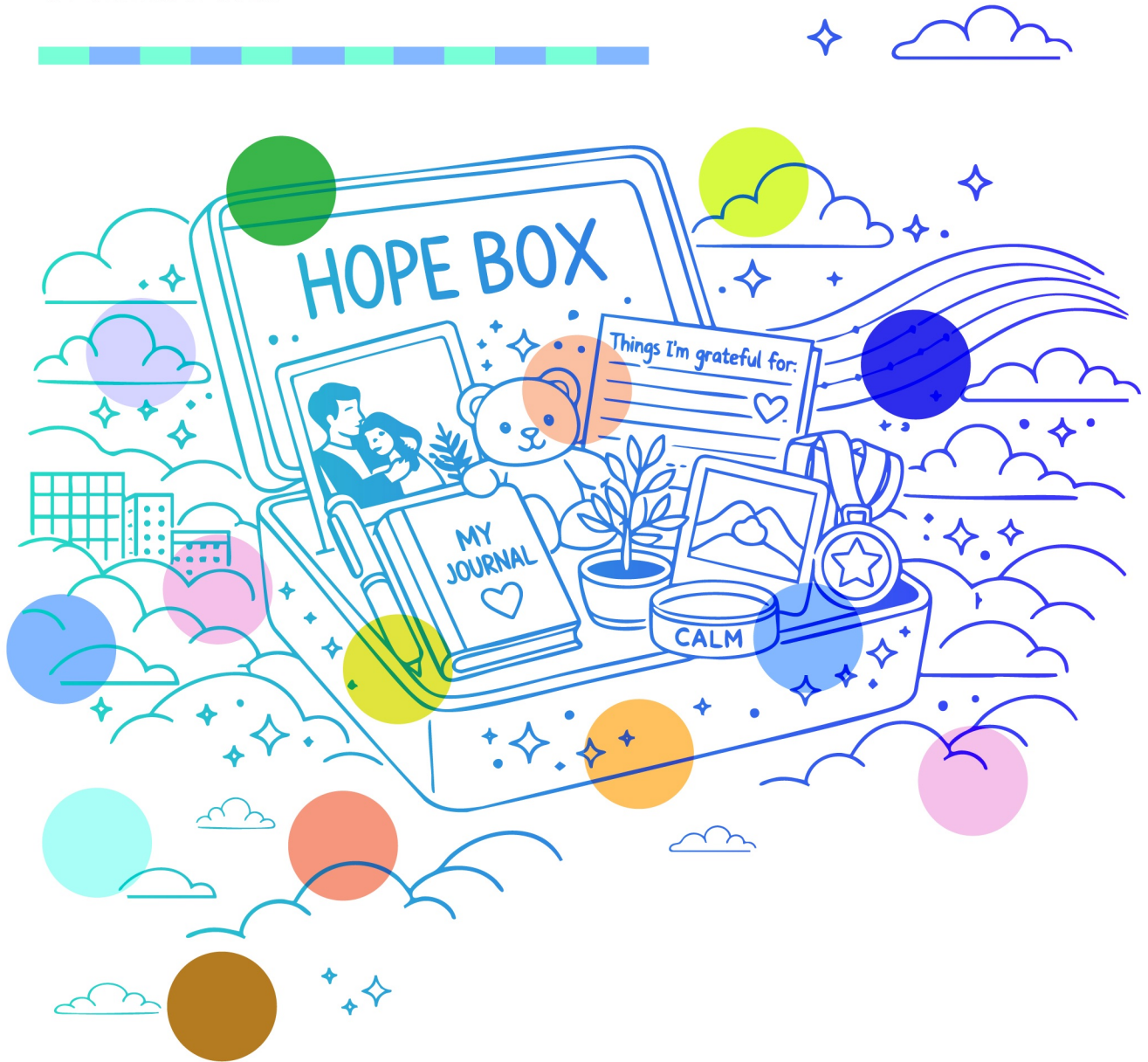


Hope Box

A THERAPEUTIC TOOL

BY CARRIE A DYER





The Hope Box intervention draws from suicide safety planning research (Stanley & Brown, 2012), distress tolerance strategies from Dialectical Behavior Therapy (Linehan, 2015), and trauma-informed grounding approaches that emphasize sensory regulation and embodied coping (Ogden et al., 2006; Van der Kolk, 2014). The intervention also reflects research on protective factors and “reasons for living,” which suggests that reminders of meaningful relationships, values, and future goals can help buffer against suicidal ideation (Linehan et al., 1983). Together, these frameworks support the use of tangible coping tools and meaningful reminders to help clients reconnect with safety, self-soothing strategies, and sources of hope during periods of emotional distress.



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Hope Box Worksheet

/ BUILD YOUR PERSONAL SUPPORT KIT

: Sometimes when emotions feel overwhelming, it helps to have reminders of hope, connection, and coping tools close by. A Hope Box is a collection of small items, memories, and tools that help you reconnect with safety and meaning.

> Use the space below to design your own Hope Box.



01. What Helps You Feel Safe or Calm?

Write or draw things that help your body settle.

Examples: breathing exercises, calming music, grounding objects, scents, prayer, meditation

02. People Who Care About Me

Write the names of people you can reach out to or who remind you that you are not alone.

Examples: family, friends, mentors, therapists

03. Memories / Photos That Bring Comfort

Think of moments when you felt loved, proud, peaceful, or connected.



06. Optional Reflection

When I look inside my Hope Box. Draw or sketch the items you would put inside:

04. Objects That Bring Comfort

Think of objects that connect with your inner peace.

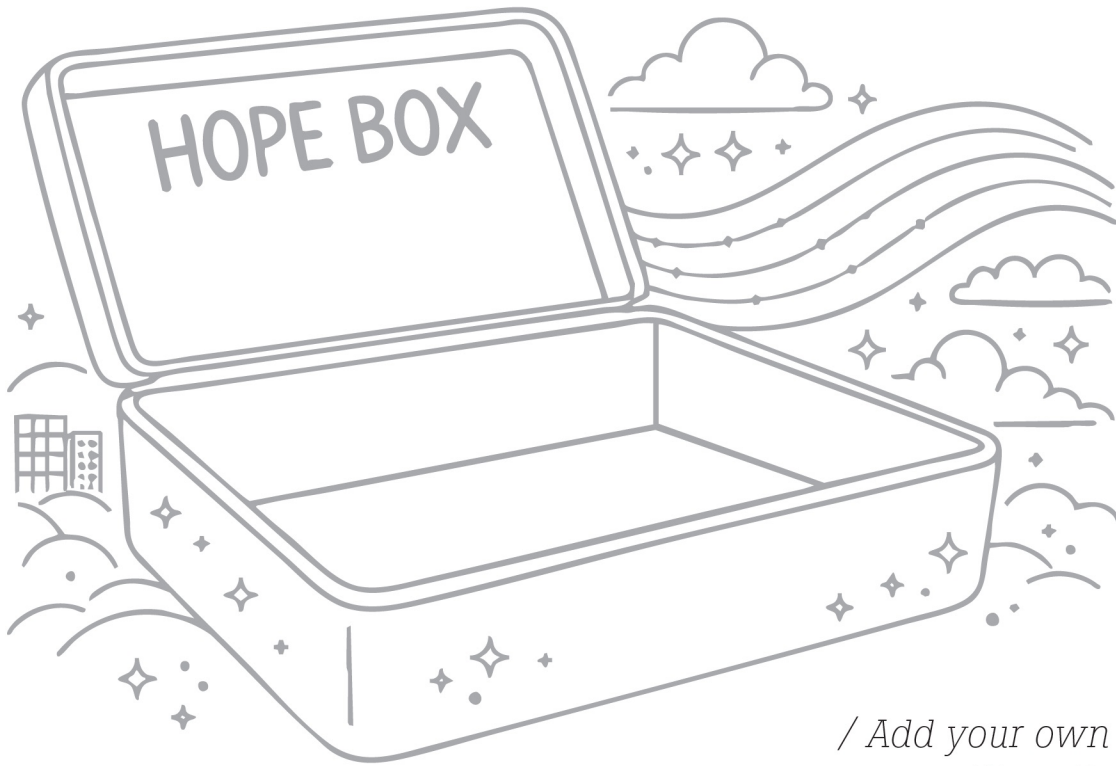
These could be objects from childhood, objects that represent important ideas or people.

05. Smells That Bring Comfort

Collect scents that bring you comfort, such as your favorite spice, lavender, eucalyptus, or other calming aromas. Smell is closely connected to memory and emotion, so comforting scents can help soothe the nervous system during moments of stress.

05. Draw Your Hope Box





*/ Add your own items
to your Hope Box*