Learned Hopefulness

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Thoughts  Behaviors  Emotions

2

Change your thoughts and you change your world.

Norman Vincent Peale

3
What About Positive Emotions?

Positive Emotions → Build Resources → Behaviors → Fight or Flight → Negative Emotion

Positive Psychology Is About a Shift in Perception

What Do You See?

This glass is completely full
Half with water
Half with air
Positive Psychology is about perception. There is more than one way to view a situation.
• We have a **choice** about what we feel~
• We can **change** how we think and feel~
• We can **cultivate** sustainable positive feelings~
• We can **create** and inspire this in others~
"This is the best go-to book on how to use hope to relieve your depression."  
— Martin Seligman, PhD, director of the Penn Positive Psychology Center, director of the master of applied positive psychology program at the University of Pennsylvania, and author of Flourish

"A life well lived is founded on meaning, purpose, and a higher calling. Moments of despair are opportunities for healing, and emotional and spiritual growth. Daniel Tomasulo’s deep understanding of the entanglement of perceptions, experiences, emotions, and modes of thinking, envisioning, and actualizing worthy goals is the perfect recipe for fulfillment, joy, peace, and expansion of awareness."
— Deepak Chopra, MD, author of Metahuman

"If you feel like you’ve lost your way, let Dan take your hand. He has in this beautiful book laid out the steps toward hope, and I cannot think of a wiser or more compassionate companion."
— Angela Duckworth, founder and CEO of Character Lab, and New York Times bestselling author of Grit

"Tomasulo has an unusual ability to simplify, and render vivid, complex ideas in ways that inspire trust."
— George Vaillant, MD, professor in the department of psychiatry at Harvard Medical School, former director of The Grant Study of Adult Development, and author of Triumphs of Experience

"Through voluntary activities, Learned Hopefulness cultivates perspectives optimizing the belief we can influence the future."
Myth # 1.
Hope is a purely positive emotion.

Fact: Hope is the only positive emotion that requires negativity or uncertainty to be activated. If we didn’t have uncertainty about our future, there would be no need for hope.

Myth #2. Hope influences our belief system.
Fact: Hope is informed and influenced by our beliefs.

Studies show that the brain responds to the belief a placebo will reduce pain. Once we believe there is hope—there is hope.

Myth #3.

Hope is the same as faith.

Fact: Hope is when we feel we can positively impact our future. Faith is when we have surrendered to something greater.
“Hope is faith holding out its hand in the dark.”

Popular Science writer, George Iles

**Myth #4: Hope is regulated by circumstance.**

Fact: Hope is regulated by calibration and correction rather than circumstance.
Myth 5: You either have hope or you don’t.

Fact: Hope can be activated, regulated, and facilitated by positivity.
The Science of Hope in a Time of Crisis

High Hope People Choose To:

1. Look For Possibilities
2. Notice The Good
3. Cultivate Positivity
4. Use Strengths
5. Adjust Goals
6. Engage With Purpose
7. Cherish Others

<table>
<thead>
<tr>
<th>Decisions That Limit Hope</th>
<th>High-Hope Decisions</th>
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</thead>
<tbody>
<tr>
<td>Seeing things as fixed and unchangeable</td>
<td>Seeing possibilities</td>
</tr>
<tr>
<td>Focusing on the negative</td>
<td>Noticing beauty, benefits, and blessings</td>
</tr>
<tr>
<td>Setting on habits of negativity</td>
<td>Cultivating positive feelings</td>
</tr>
<tr>
<td>Concentrating on weaknesses</td>
<td>Focusing on strengths</td>
</tr>
<tr>
<td>Remaining unengaged and unchallenged</td>
<td>Creating challenging goals</td>
</tr>
<tr>
<td>Lacking a sense of meaning and a sense of mattering in life</td>
<td>Finding purpose</td>
</tr>
<tr>
<td>Remaining isolated and serving only self-interests</td>
<td>Cherishing relationships</td>
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Research has shown that people with high hope were found to make different, deliberate choices than their low-hope counterparts. They learn not to view negativity and uncertainty as obstacles. Instead, they make these 7 decisions:
1. Rather than see things as fixed and unchangeable, people with high hope see possibilities. They focus on what opportunities or challenges can come from a difficult circumstance.

2. High hope people intentionally focus on beauty, benefits, and blessings instead of concentrating on the negative.

3. People who score higher on measures of hope cultivate positive emotions such as gratitude and kindness. They make a point to not fall prey to habits of negative thinking.
4. People low in hope tend to give more attention to weaknesses. High hope individuals concentrate their effort on using their strengths and spotting the strengths of others.

5. Creating challenging goals is the trademark of high hope people. Goal setting and recalibration of goals is how they keep from feeling disengaged and unchallenged.

6. The drive for people with high hope comes from an understanding of meaning in their life. They are motivated by a sense of purpose and a reason for living.
7. Those low in hope often choose isolation while those with high hope make choices that cherish and nurture connection with others.

Coping and Resilience Strategies

- Regressive Coping *(Avoidance)*
- Transformational Coping *(Transformational mindset)*
- Proactive Coping *(Planning to reduce the likelihood of future stress)*
TRANSFORMATION MINDSET

Sometimes when you’re in a dark place you think you’ve been buried, but actually you’ve been planted.

Christine Caine

Proactive Coping

Be mindful of the moment,
But not at the expense of the future
Is a Verb

Review these seven decisions and identify ways you can start to make choices that favor high hope.
Rebus

“As water given sugar sweetens,  
given salt grows salty,  
we become our choices.  
Each yes, each no continues,”

Jane Hirshfield

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Norman Vincent Peale

Pick one or two of these areas to make intentionally different choices over the next week.
Text

Hopeful

To

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Thank You!

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