

Quirkos Report



This report was generated by Reece Coker on Aug 25, 2016 7:10:28 PM for the following file: Interviews HOPE.qrk

Sources Summary

Title	Author	Date and Time	Length	Quotes #
Source 1	Reece Coker	Aug 10, 2016 3:15:33 PM	24133	165
Source 2	Reece Coker	Aug 15, 2016 4:48:05 PM	49131	258

Quirks Summary

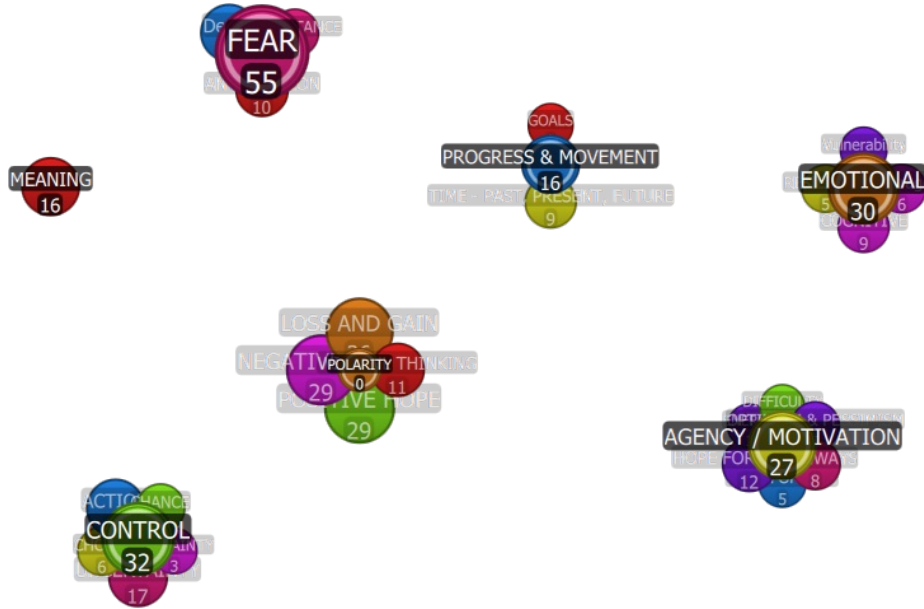
Quirk Title	Parent	Grandparent	Description	Author	Date	Total Codes
CONTROL				Reece Coker	Aug 25, 2016 6:57:05 PM	32
UNCERTAINTY	CONTROL			Reece Coker	Aug 25, 2016 6:50:47 PM	17
CHOICE	CONTROL			Reece Coker	Aug 25, 2016 6:53:29 PM	6
CERTAINTY	CONTROL			Reece Coker	Aug 25, 2016 6:50:12 PM	3
ACTION	CONTROL			Reece Coker	Aug 25, 2016 6:53:10 PM	16
CHANCE	CONTROL			Reece Coker	Aug 25, 2016 6:49:40 PM	6
PROGRESS & MOVEMENT				Reece Coker	Aug 25, 2016 6:51:22 PM	16
TIME - PAST, PRESENT, FUTURE	PROGRESS & MOVEMENT		Hope is something in the future	Reece Coker	Aug 25, 2016 6:51:38 PM	9
GOALS	PROGRESS & MOVEMENT			Reece Coker	Aug 25, 2016 6:51:14 PM	2
FEAR				Reece Coker	Aug 25, 2016 6:57:13 PM	55
ANTICIPATION	FEAR			Reece Coker	Aug 25, 2016 6:51:00 PM	10
Denial	FEAR		Includes avoidance	Reece Coker	Aug 25, 2016 6:50:25 PM	15
ACCEPTANCE	FEAR			Reece Coker	Aug 25, 2016 6:52:52 PM	5
MEANING				Reece Coker	Aug 15, 2016 6:25:51 PM	16
AGENCY / MOTIVATION				Reece Coker	Aug 25, 2016 6:57:26 PM	27
HOPE FOR SELF	AGENCY / MOTIVATION		Internal hope - focussed on self	Reece Coker	Aug 25, 2016 6:54:28 PM	5
HOPE FOR OTHERS	AGENCY / MOTIVATION		Externally focussed hope. Hoping for others	Reece Coker	Aug 25, 2016 6:54:33 PM	12
ENERGY	AGENCY / MOTIVATION			Reece Coker	Aug 25, 2016 6:56:45 PM	1
DIFFICULTY	AGENCY /			Reece	Aug 25, 2016	2

	MOTIVATION			Coker	6:55:33 PM	
OPTIMISM & PESSIMISM	AGENCY / MOTIVATION			Reece Coker	Aug 25, 2016 6:54:52 PM	6
PATHWAYS	AGENCY / MOTIVATION		From Snyder's model	Reece Coker	Aug 25, 2016 6:54:19 PM	8
EMOTIONAL				Reece Coker	Aug 25, 2016 6:52:11 PM	30
COGNITIVE	EMOTIONAL		Mental processes	Reece Coker	Aug 25, 2016 6:55:09 PM	9
RESILIENCE	EMOTIONAL			Reece Coker	Aug 25, 2016 6:52:04 PM	5
Vulnerability	EMOTIONAL			Reece Coker	Aug 25, 2016 6:52:25 PM	4
Courage	EMOTIONAL			Reece Coker	Aug 25, 2016 6:55:15 PM	6
POLARITY				Reece Coker	Aug 25, 2016 6:57:22 PM	0
POSITIVE HOPE	POLARITY		Hope focussed on the positive - "hoping it will".	Reece Coker	Aug 25, 2016 6:56:24 PM	29
NEGATIVE HOPE	POLARITY		Preference for feeling the positive side of hope rather than the negative	Reece Coker	Aug 25, 2016 6:56:15 PM	29
LOSS AND GAIN	POLARITY		Includes risk and reward	Reece Coker	Aug 25, 2016 6:56:32 PM	26
WISHFUL THINKING	POLARITY			Reece Coker	Aug 25, 2016 6:56:55 PM	11
TOTAL NUMBER OF CODES						423
TOTAL NUMBER OF QUIRKS						31

Properties Summary

Main Canvas Views

Quirks Canvas - Primary



Text Sorted by Theme

TIME - PAST, PRESENT, FUTURE

” it means it's something about the future

Source: *Source 1*

” So I'm very much future focused, moving towards

Source: *Source 1*

” I'm in the present moment

Source: *Source 1*

” I think the hopeful bit is more future orientated.

Source: *Source 1*

” And not in the present moment, with it, you're thinking about something that is going to happen

Source: *Source 1*

” rather than it being happening now

Source: *Source 1*

” So maybe just before the actual outcome, that's when I might now get what I want. So that's, realising that you know, this is the moment when ill find out one way or the other.

Source: *Source 1*

” where something happens a lot quicker, then you don't get a chance to deploy hope. That's why its so hard.

Source: *Source 2*

” You know you think about, say, somebody having a heart attack and dropping down dead, then you don't have a chance to hope that their end will be, you don't get a chance to go through the process.

Source: *Source 2*

POSITIVE HOPE

” it's a good, a good thing that I want to happen.

Source: *Source 1*

” I: Okay, so you're sure that its positive, yeah?

P: For me yeah

Source: *Source 1*

” I tend to hope for things to happen rather than hope for things not to happen for me

Source: *Source 1*

” it's usually that I'm hoping for something to happen. I tend not to use the frame of hoping it doesn't happen.

Source: *Source 1*

” I might have a preferred path about where I want to go, so it 's like well I'm hoping that I'll go down this one because that's the one I like

Source: *Source 1*

” P: If I'm hopeful for something and I'm moving towards it, it feels good.

Source: *Source 1*

” and when I'm hoping that something does happen its more positive.

Source: *Source 1*

” wanting it to happen, wanting it before it happened

Source: *Source 1*

” before I got pregnant it was hoping because you're hoping that you will

Source: *Source 1*

” because it's something that I want to have happen

Source: *Source 1*

” P: So I tend to need to think, look for something hopeful in that situation

Source: *Source 1*

” I hope that she does well and I hopeful for her that she succeeds

Source: *Source 1*

” P: And I much prefer the other one where I hope she does well rather than hope she doesn't fail.

Source: *Source 1*

” P: If you're hoping that something will or won't happen, it's a way of helping your brain rationalise it

Source: *Source 2*

” I think for me certainly if there is a circumstance where I'm really hoping that something will or won't happen that I can't control, I will find things within my life that I can control.

Source: *Source 2*

” For me hope is positive, you know I hope that things won't happen, and so that's an avoidance mechanism, because I'm hoping that the event won't happen, because I don't want it to, so, but for me, it feels like a positive process

Source: *Source 2*

” P: Which is obviously the flip-side, but the process of taking steps to be able to put order for me is a hopeful, is a positive thing, because it helps me feel that I'm doing something.

Source: *Source 2*

” in terms of a light side to fear, yes I think that, I think fear can be galvanising as well as it can be paralysing.

Source: *Source 2*

” I think there is a positive and a negative side to emotions

Source: *Source 2*

” I just thought “I hope she gets better soon”

Source: *Source 2*

” I was fearful that it would happen, I was fearful, part of why I was hoping so desperately that it would go away was that I was fearful it wouldn't.

Source: *Source 2*

” because I am quite positive in my outlook on life, I usually flip something that I don't want to happen into thinking that the opposite will.

Source: *Source 2*

” so whenever there is something that I don't want to happen, I hope for the opposite, which is the positive.

Source: *Source 2*

” I think a lot of it is sown to perspective, and perhaps the way that you see the world. And whether you are coming from an approach or avoidance motivation.

Source: *Source 2*

” my natural stance is always to want something positive to happen, understanding that the flipside is that it wont, and then the negative thing.

Source: *Source 2*

”

P: Its almost if you don't fear that the opposite will happen, are you really hoping?

Source: *Source 2*

”

Is it a positive goal setting model? Um, and whats the difference between that version of hope and the version that we have been talking about which is where you don't have influence and control over the outcome.

Source: *Source 2*

”

but so as an umberella there was always this sense of ok, I really want him to get this, and what can I do to help him get it, and so it was a background emotion rather than a foreground emotion.

Source: *Source 2*

”

I probably wouldn't draw it as a curve, you know plotting it on a graph, but I would describe it as foreground and background, you know, respite is a good word in that when I was taking action, you know, the "I really hope he gets it" wasn't foreground in my mind, it was what can I do to help. So, it, the hope receded in terms of its prominence.

Source: *Source 2*

HOPE FOR SELF

”

P: I would say it's fairly balanced, obviously you know I've got things I'm hopeful for myself

Source: *Source 1*

”

P: Probably a bit more anxiety

Source: *Source 1*

”

it wasn't fear that was the motivator.

Source: *Source 1*

”

If I applied it, that was an internal thing for me on just how I approach things

Source: *Source 1*

”

She hopes she's going to lose weight, but she does nothing to do it!

Source: *Source 2*

HOPE FOR OTHERS

”

but then I was thinking, am I the same when I think about what I want for other people. So I think sometimes if it's another person then I'd hope that something doesn't happen to them.

Source: *Source 1*

”

I: Okay, that's interesting, so the 3rd party may change the dynamic a little bit you think.

P: Yeah it did, it did more.

Source: *Source 1*

” I thought, well what’s it like if I think about it from both points of view, so obviously I hope that she does well and I hopeful for her that she succeeds and gets the grades she wants, so that was one. And then I also hope she doesn’t fail.

Source: *Source 1*

” but obviously you know people who are around me that are important to me, I want good things to happen to them

Source: *Source 1*

” particular situation where my father in law wasn’t very well and so he was going to the hospital for a diagnosis.

Source: *Source 1*

” father in law,

Source: *Source 1*

”
P: So, if we were going back to my father in law, there were a lot of hurdles that we as a family needed to get over

Source: *Source 1*

” daughters just finished her finals

Source: *Source 1*

” I hope she is at peace, I hope that she doesn’t suffer, I hope she... I hope my dad is ok

Source: *Source 2*

” I just thought “I hope she gets better soon”

Source: *Source 2*

” I hope she is not in pain, I hope she doesn’t suffer.

Source: *Source 2*

”

In the background sort of like an umbrella was this whole sense of I really want him to get this.

Source: *Source 2*

NEGATIVE HOPE

”

I tend not to use the frame of hoping it doesn't happen.

Source: *Source 1*

”

P: And I much prefer the other one where I hope she does well rather than hope she doesn't fail.

Source: *Source 1*

”

P: It makes me feel different about it.

Source: *Source 1*

”

When I was doing a I'm hoping it doesn't happen, I get a different feeling then. And that usually I'm hoping that something doesn't happen and it'll be something I don't want and that doesn't feel so good.

Source: *Source 1*

”

going to get some diagnosis of something so there was something different between hoping it wouldn't be too bad, hoping that it wouldn't be something and a lot of us were thinking we hope it wouldn't be cancer

Source: *Source 1*

”

you know, and we were focusing on the negative things

Source: *Source 1*

”

not wanting something to happen.

Source: *Source 1*

”

P: So that felt quite different to hoping for something that I more positive

Source: *Source 1*

”

so I guess when I'm hoping that something doesn't happen it's got more of a negative connotation for me

Source: *Source 1*

”

all through the pregnancy I was hopeful that everything was going to be alright

Source: *Source 1*

”

through the pregnancy you're hopeful that all the different stages that everything is, so when you go for a scan you're hoping

Source: *Source 1*

”

I: For example, umm how did you feel in the run up to having the scans, you know whilst the scan was being done and whilst you're waiting for them to kind of get their bearings before they announce to you what you want to hear. How did you feel?

P: Umm, a bit scared

Source: *Source 1*

”

we didn't want him to be ill

Source: *Source 1*

”

So we got the diagnosis that we didn't want

Source: *Source 1*

”

because it was something we were hoping wouldn't happen

Source: *Source 1*

” but then I was thinking, am I the same when I think about what I want for other people. So I think sometimes if it's another person then I'd hope that something doesn't happen to them.

Source: *Source 1*

” And then I also hope she doesn't fail.

Source: *Source 1*

” P: If you're hoping that something will or won't happen, it's a way of helping your brain rationalise it

Source: *Source 2*

” I think for me certainly if there is a circumstance where I'm really hoping that something will or won't happen that I can't control, I will find things within my life that I can control.

Source: *Source 2*

” because it's that, you know, the hoping that something won't happen is not a comfortable process, and that bits not positive, because you are fearful that it will.

Source: *Source 2*

” in terms of a light side to fear , yes I think that, I think fear can be galvanising as well as it can be paralysing.

Source: *Source 2*

” I think there is a positive and a negative side to emotions

Source: *Source 2*

” P: So, the one that made, the one that meant the most to me, when my mum was diagnosed with cancer. And, I really hoped that it wasn't going to be terminal.

Source: *Source 2*

” I was fearful that It would happen, I was fearful, part of why I was hoping so desperately that it would go away was that I was fearful it wouldn't.

Source: *Source 2*

” Brexit! I was really hoping that wasn't going to happen, really hoping that wasn't going to happen, and its, like with my mum, I was really hoping that wasn't going to happen.

Source: *Source 2*

” so whenever there is something that I don't want to happen, I hope for the opposite, which is the positive.

Source: *Source 2*

” I think a lot of it is sown to perspective, and perhaps the way that you see the world. And whether you are coming from an approach or avoidance motivation.

Source: *Source 2*

” my natural stance is always to want something positive to happen, understanding that the flipside is that it wont, and then the negative thing.

Source: *Source 2*

” P: Its almost if you don't fear that the opposite will happen, are you really hoping?

Source: *Source 2*

UNCERTAINTY

” P: Umm, I think it's when I'm waiting for an outcome that I'm not sure whether it'll be one thing or another

Source: *Source 1*

” so maybe it could be transition points where one outcome would take me down one path and another outcome might take me down another one.

Source: *Source 1*

”

P: Yeah, I think umm, I think there might be some things that re further down you know that I'm hopeful for certain things as it might be a bit further down the line so that might be a bit more blurry

Source: *Source 1*

”

P: I don't think its uncertainty, it's not how I operate out of uncertainty

Source: *Source 1*

”

the uncertainty bit is when I'm hoping that something doesn't happen, where there's not very much, that's when I'm uncertain. And that when it doesn't feel very good

Source: *Source 1*

”

more enthusiastic about it and I'm excited and I'm wanting to make it work. So that uncertainty is not really, that's not what's motivating me really.

Source: *Source 1*

”

P: Beforehand, because it's going to go one way or another isn't it, it 's either it's going to be fine or it's not.

Source: *Source 1*

”

I guess, because you might not get the outcome that you want.

Source: *Source 1*

”

P: I don't think that's, not hope then.

Source: *Source 1*

”

because I guess in that time we were desperate for good news

Source: *Source 1*

”

P: That fact that there is the possibility that it might not be the outcome

Source: *Source 1*

”

It's that crunch time like, will I get what I want or not, there is still that element of uncertainty

Source: *Source 1*

”

P: So, if we were going back to my father in law, there were a lot of hurdles that we as a family needed to get over

Source: *Source 1*

”

and you might not know where that's going to take you but you know you've got the toolkit as it were to be able to make something happen

Source: *Source 2*

”

even if it wasn't the originally intended goal

Source: *Source 2*

”

it's a way of, of coping with the uncertainty, um and putting structure around it

Source: *Source 2*

”

P: I think hope comes with uncertainty, optimism, fear

Source: *Source 2*

ANTICIPATION

”

so it's just before maybe that something is about to happen and it could be one thing or it could be something else.

Source: *Source 1*

” and it’s probably not quite as strong and intense as when I’m get close up to something, it might be one thing or another.

Source: *Source 1*

” P: I get a feeling like across my chest. And it feels quite tingly and exciting and sort of a bit butterfly’

Source: *Source 1*

” P: There’s a sense of something, but there’s some excitement to it, there’s some anticipation.

Source: *Source 1*

” P: Umm, well if its turning out the way that I’m hoping for then yes it gets more exciting because I’m getting the outcome that I want.

Source: *Source 1*

” exciting

Source: *Source 1*

” So yeah time of like excitement and anticipation

Source: *Source 1*

” and you get what you’re hoping for then that’s when you get you know, a bit of excitement, joy, love all those sorts of feeling

Source: *Source 1*

” So it’s a bit, there’s a bit of anticipation

Source: *Source 1*

” So it’s such a heightened anticipation,

Source: *Source 1*

{{ group.quirk | hierarchy }}

” it’s a good, a good thing that I want to happen.

Source: *Source 1*

” P: I guess it’s about reaching that goal but the goal might not be

Source: *Source 1*

”
I: So let’s say um, looking at the positive goal, you’re at point zero when you start to hope and the goal is, you know at point 2 for example.

Source: *Source 1*

” you know it’s a goal that I’ve got so I think to myself well what can I do to make it happen

Source: *Source 1*

” I hope that she does well and I hopeful for her that she succeeds

Source: *Source 1*

CHOICE

” but you know the outcome might take me down another one that I might not have chosen.

Source: *Source 1*

” Um, I mean think that it depends on how committed somebody is to the goal, and for me, certainly if somebody didn't, um, isn't committed, then nothing is going to happen

Source: *Source 2*

” and you can't, you know, you can choose not to fall in love because you are afraid of getting hurt, or you can get the benefit of falling in love and risk the hurt,

Source: *Source 2*

” You can choose not to hope because it's too painful to even hope or you can allow yourself the hope in a sense in terms of the pleasure of hope.

Source: *Source 2*

” where something happens a lot quicker, then you don't get a chance to deploy hope. That's why it's so hard.

Source: *Source 2*

” You know you think about, say, somebody having a heart attack and dropping down dead, then you don't have a chance to hope that their end will be, you don't get a chance to go through the process.

Source: *Source 2*

CONTROL

” So I've got to work out how to go down that one.

Source: *Source 1*

” And with that one I don't feel as if I've got as much control as when I hope for something

Source: *Source 1*

”

P: Yeah I fell as if umm my options sort of shut down

Source: *Source 1*

”

P: So that was the bit that was out of our control

Source: *Source 1*

”

we didn't have a lot of control

Source: *Source 1*

”

it was quite debilitating

Source: *Source 1*

”

P: So I'm hopeful for something then I'll be thinking well what could I do to you know make it happen

Source: *Source 1*

”

when I'm hoping that something doesn't happen I think that's when I think well I don't really have control over that, that's another set. So that doesn't you, know, feel the same.

Source: *Source 1*

”

because I don't feel I've got very much control

Source: *Source 1*

”

P: Yeah I suppose there's some of that, having a sense of control against having none or not very much.

Source: *Source 1*

”

what sits better with me and feels better is this idea of being able to influence something rather than control again

Source: *Source 1*

” that’s not really a word, that’s not how I think, but I guess I am taking control over something

Source: *Source 1*

” by doing actions to influence an outcome, I guess I am taking some control. Well again it’s not how I tend to operate of you know what I mean it’s more that I think I can influence it so I’m going to do something about it but I guess there ’s something about control.

Source: *Source 1*

”
P: Being influential and you know, again, for me it feels more hopeful

Source: *Source 1*

” being controlling you know being in control feels a bit too harsh for me.

Source: *Source 1*

” just how I take control

Source: *Source 1*

” Because it’s got that element, I suppose it’s that element of control

Source: *Source 2*

” you don’t have control over it, you don’t have any influence over it

Source: *Source 2*

” on Snyder’s version of hope , I think there is a control thing, because whilst you may not be able to control the outcome, you can control the process, and you can control your response it.

Source: *Source 2*

” And you can control the things that you want, that you try to make something work, or something better.

Source: *Source 2*

” in some ways, it doesn't matter what you do about it, its not going to ultimately change the outcome because that's a role of the dice thing. It either will or it won't!

Source: *Source 2*

” I think for me certainly if there is a circumstance where I'm really hoping that something will or won't happen that I can't control, I will find things within my life that I can control.

Source: *Source 2*

” And, so that cognitive hope process comes into play. I might not be able to control the outcome at that, but I can make a difference on this little bit, and there are things that I can do, I order to make myself feel better, or to give myself this sense of feeling in control

Source: *Source 2*

” Um, and I, an, For me, it's a word that I use a lot, but I think that that's a lack of "control", and a lack of, um, accountability.

Source: *Source 2*

” In that, you know, yes, certain things, there are certain things that you can't influence, but, its, for me – the hope comes in finding, within that circumstance, the thing that you can influence. And, you can always influence the way that you respond to something.

Source: *Source 2*

” You may not be able to influence the outcome, but you can influence how you feel about it, how it affects you. You can influence, you know – doing other things to make yourself feel better.

Source: *Source 2*

” And I think if you asked me, I knew it was unlikely to end well, I think its going back to that control thing, I had nothing else I can do other than control how I felt about it.

Source: *Source 2*

”

And you think that that goal isn't achievable anymore, I have to change to a different one.

Source: *Source 2*

”

And people who have religious faith would probably pray. Um, and its that level of sort of emotional connection, which is, do you really really want something to happen, but you have no imfluence or control of how it does, or if it does.

Source: *Source 2*

”

Is it a positive goal setting model? Um, and whats the difference between that version of hope and the version that we have been talking about which is where you don't have influence and control over the outcome.

Source: *Source 2*

”

the Snyder Model lacks the emotional component, so it works when there are circumstances that you have influence over, I don't think it works when it's a situation that you don't have influence over.

Source: *Source 2*

”

The foreground emotion was action, well was not an emotion, the foreground was action oriented practical steps, what can I do.

Source: *Source 2*

PROGRESS & MOVEMENT

”

P: And it you know it's a nice thing to have, you know there some motion to it; I g et a sense of movement from it when I'm hopeful about something.

Source: *Source 1*

”

but when I'm hoping for something and I'm working towards it then its more enthusiasm

Source: *Source 1*

”

I guess it's always before the event that you're hopeful that things are going to be as you want them to be.

Source: *Source 1*

” So just before this I'm hoping it'll be this, I'm hoping it'll be that and then once it is you move on to the next stage I guess,

Source: *Source 1*

” and so when I guess you get what you're hoping for then that moves in to other things,

Source: *Source 1*

” probably for a longer time, more of a build up to it

Source: *Source 1*

” not how I get motivated by things. Fear is more of potential to stop me doing something.

Source: *Source 1*

” P: It can keep me fixed in a place

Source: *Source 1*

” It drives them forward,

Source: *Source 1*

” its sticks me in a place rather than moves me from it.

Source: *Source 1*

” and that will be the thing that I look at and move towards

Source: *Source 1*

” If you're thinking about the cognitive model , then it serves as a process of being able to make progress.

Source: *Source 2*

” even if it wasn't the originally intended goal

Source: *Source 2*

” P: Which is obviously the flip-side, but the process of taking steps to be able to put order for me is a hopeful, is a positive thing, because it helps me feel that I'm doing something.

Source: *Source 2*

” And then it progressed, and it got more and more serious, my, what I was hoping for changed.

Source: *Source 2*

” I think acceptance of something and adjusting, you know your hope goals, you know are two different things, for me are certainly two different things.

Source: *Source 2*

ENERGY

” it energises me because if the outcome is something that I wanted then it gives me the impetus to put the things in place to ensure as best I can that I get what I'm aiming for, that I'm wanting.

Source: *Source 1*

CERTAINTY

” I think when its looking more and more likely that it will turn out the way that I was looking for then it probably stops being hope

Source: *Source 1*

” it was definitely happening, then I think it stopped being hope then because it becomes like, just before everything is in place, well it's going to happen now. So you don't need to hope for it anymore.

Source: *Source 1*

” But if I was absolutely certain that it was going to happen, umm then I probably wouldn't need to be hopeful would I because I know it's going to happen.

Source: *Source 1*

FEAR

” and a bit of anxiety

Source: *Source 1*

” waiting before I actually went in and wasn't feeling that, the hope bit had gone then it was more, I'm here now and wanting it to be what I want be I don't know if I was feeling hope at that point.

Source: *Source 1*

” P: Probably a bit more anxiety

Source: *Source 1*

” I think that yeah there is some element of fear, because of the potential sense of loss isn't it, that you're going to lose something that is meaningful

Source: *Source 1*

” I guess there is some fear of a loss .

Source: *Source 1*

” there was a lot of fear

Source: *Source 1*

” so there was more fear

Source: *Source 1*

” but we had some fear. That was probably motivating that need for hope that he was going to be alright.

Source: *Source 1*

” not wanting it to happen and fearful that it will.

Source: *Source 1*

” P: Because the fear is not nice to have running through your body, it doesn't feel very nice does it really. So if you've got something to grasp on to, then it take some of the intensity from it.

Source: *Source 1*

” I: So it's like a moderator almost

P: Mmm yeah.

Source: *Source 1*

” I: Yeah it felt like balm it felt like something to sooth, and just calm things down a little bit

Source: *Source 1*

” t. I remember saying hopefully it'll be alright

Source: *Source 1*

” P: Umm... I think at the time like just before, it was a grinding me to the present

Source: *Source 1*

” and if I was fearful, that for me stops me, it's about narrowing down really

Source: *Source 1*

” so it's just beforehand when I might not be getting what I want then that's when the fear comes up

Source: *Source 1*

” like this might not be the outcome that I want so there's a bit of anxiety

Source: *Source 1*

” there's some anxiety depending on how big it is.

Source: *Source 1*

” I'm possibly fearful that it's going to happen.

Source: *Source 1*

” I feel I don't get a sense that I'm motivated by fear.

Source: *Source 1*

”
P: I think probably for me it's more debilitating

Source: *Source 1*

” not how I get motivated by things. Fear is more of potential to stop me doing something.

Source: *Source 1*

” P: It can keep me fixed in a place

Source: *Source 1*

” Fear for me is not particularly helpful,

Source: *Source 1*

” I know for some people it is, it gives them a bit of a, like I'm going to make sure that doesn't happen

Source: *Source 1*

” It drives them forward,

Source: *Source 1*

” its sticks me in a place rather than moves me from it.

Source: *Source 1*

” P: So I tend to need to think, look for something hopeful in that situation

Source: *Source 1*

” it wasn't fear that was the motivator.

Source: *Source 1*

” because it's that, you know, the hoping that something won't happen is not a comfortable process, and that bits not positive, because you are fearful that it will.

Source: *Source 2*

” So for me, for her, agency is lacking. She doesn't have that motivation, it's not important enough to her, and it hasn't got to that stage where the fear thing has kicked in.

Source: *Source 2*

” you have a health scare, or somebody says something. There's something that makes, all of a sudden, makes that motivation, that agency – flip from oh I'll do something about it one day, to no, I want to do something now.

Source: *Source 2*

” in terms of a light side to fear , yes I think that, I think fear can be galvanising as well as it can be paralysing.

Source: *Source 2*

” So, fear, I mean, if I think about, if I've got to go and do a big presentation to people, um, which scares the living daylights out of me, um, that fear gets my adrenaline going and It galvanises me to really make sure that I know my topic.

Source: *Source 2*

” So its, you know, the fear of not knowing what im talking about drives me to prepare.

Source: *Source 2*

” P: Verses, you know, a fear of heights, which, I, you know, if im crossing a high bridge, that would stop me in my tracks.

Source: *Source 2*

” If you think about any emotion, whether its pride or joy, or happiness, if the volume control is too high on it, its not a positive thing. So I think fear is the same.

Source: *Source 2*

” if the reward is absolutely massive, you know, the perceived reward at the other end, then potentially, you know, you would walk over that bridge, and certainly if there was enough fear that outweighed that bridge pushing from the other end – you would go bolting over that bridge.

Source: *Source 2*

” P: I think hope comes with uncertainty, optimism, fear

Source: *Source 2*

” and you can't, you know, you can choose not to fall in love because you are afraid of getting hurt, or you can get the benefit of falling in love and risk the hurt,

Source: *Source 2*

” your in fight or flight, your responsive, your adrenaline is flowing, your cortisol is flowing, you are responding to a certain, you know – it is pure fight or flight. That doesn't involve emotion!

Source: *Source 2*

” and a lot of anger, a lot of fear

Source: *Source 2*

” At least when fear kicks in, if it's what we were talking about earlier, fear that galvanises you to do something, it's action orientated.

Source: *Source 2*

” As we said fear can be paralysing as well, so if the, once you are out of denial, you can either go into fear that gets you to move somewhere, or hope that gets you to move somewhere. I don't think that you can make progress whilst you are in denial.

Source: *Source 2*

” Because I think for me the flip side of hoping that something will happen is the fear that it won't.

Source: *Source 2*

” Unless there is a concern, fear that it won't happen, does that, what does that make it?

Source: *Source 2*

” there was less fear in that one because if he didn't get that one, he would get another one. It wasn't, if this doesn't work then all hell breaks loose! I was, it wasn't fear then it was more, probably worry

Source: *Source 2*

” It's not a zero sum game, so for that one fear, I think it's not that it wasn't important, because it really was, but there was less of an either or consequence, so when, if you contrast that to something in a completely extreme way, like death, you fear that it will happen, and it's so extreme to the hope that it's fear, with that one it was “I really hope he will get it, but if he doesn't he will get another one”.

Source: *Source 2*

” So if it doesn't work there, it will work somewhere else, and it won't be quite as good, and he perhaps won't like it quite as much, but it's not the end of the world. So the consequence of him not getting it meant that the fear was a lot less. So that was more I really hope he does!

Source: *Source 2*

” because if you are hoping for something, what's the impact of it not happening and how extreme is that impact? And depending, that's where you could have a graph which is, if, you know, if the impact is really significant then the fear level goes up and your hope level corresponds to that. You know, if the impact of the negative happening is less, then I think there is less fear and less hope.

Source: *Source 2*

” it's not the end of the world and I will do something else. So, I'll find a different pathway, so that's more, that's more, pure hope if you like is for me the key thing there is if it happens, how do you feel about that, you know, if the event that you are hoping for doesn't happen, does happen then what's the impact and the greater the impact the higher the fear level.

Source: *Source 2*

” So, if the emotional consequence is great, um, then the fear factor is higher.

Source: *Source 2*

” the hoping that it wouldn't happen was driven by a fear of potential negative consequences that mean a lot to me.

Source: *Source 2*

” it always boils down to the emotional stakes of it happening or not happening, and the greater those emotional stakes, or the impact, the greater likelihood that there is to be fear that it won't happen

Source: *Source 2*

” if you really, really really want something to happen then the fear that you will have is that it doesn't.

Source: *Source 2*

MEANING

” please describe and define what hope means to you?

Source: *Source 1*

” it means it's something about the future

Source: *Source 1*

” that is meaningful, going to be meaningful , it's got some meaning in your life really

Source: *Source 1*

” P: umm, to umm, the words that's come to mind it's like a balm, you know to like calm things down a little bit.

Source: *Source 1*

” if you've got some sense of hope in times of desperation

Source: *Source 1*

” if we had some threads of some thing that we could hold on to and that was our sense of hope

Source: *Source 1*

” we were probably clutching at straws

Source: *Source 1*

” P: I don't know whether it serves a purpose. I guess it's a bit grounding isn't it, you don't always get what you want.

Source: *Source 1*

” Fear for me is not particularly helpful,

Source: *Source 1*

” as in “I hope we are going to have a nice summer”, there is something there that is more emotional

Source: *Source 2*

” when you genuinely are really hoping

Source: *Source 2*

” but its still something that means an awful lot to you.

Source: *Source 2*

” I suppose for me, it's a coping mechanism!

Source: *Source 2*

” I think it's a coping mechanism.

Source: *Source 2*

” But certainly I think, yeah, as coping process, of helping to come to terms with I suppose.

Source: *Source 2*

” I suppose hope could, weather for a wedding, that perhaps that straddles, because what that is really saying is I hope the day goes well

Source: *Source 2*

LOSS AND GAIN

” loss

Source: *Source 1*

” the cognitive bit is a sort of a sense of possibility and achievement.

Source: *Source 2*

” Um, I mean think that it depends on how committed somebody is to the goal, and for me, certainly if somebody didn't, um, isn't committed, then nothing is going to happen

Source: *Source 2*

” Um, I think, for me, one of my philosophies in life is that there is a price to pay for everything.

Source: *Source 2*

” Every choice that you make there is a price! And, it depends whether the price is worth it.

Source: *Source 2*

” So in my sisters case , the price of losing weight, you know, she is not obese, she is just, would like to lose a few kilos. Um, the price of losing that is not being able to eat and drink what she likes, and controlling etc. it's not important enough to her

Source: *Source 2*

” I: So it could be the reward that you receive by doing it could tip the balance, or it could be the price that you pay for not doing it.

Source: *Source 2*

” social and emotional trigger that actually flips that to, that is now a price worth paying for me to make the sacrifices that I need to to make this change happen. Which goes into the agency thing of do I have strong enough motivation to make this change, or not.

Source: *Source 2*

” So its almost like if the reward is absolutely massive, you know, the perceived reward at the other end, then potentially, you know, you would walk over that bridge, and certainly if there was enough fear that outweighed that bridge pushing from the other end – you would go bolting over that bridge.

Source: *Source 2*

” and you can't, you know, you can choose not to fall in love because you are afraid of getting hurt, or you can get the benefit of falling in love and risk the hurt,

Source: *Source 2*

”

Because, are you really emotionally invested? Do you really want it enough that actually you don't really care whether it does or it doesn't, that's not hope, because hope, and gain, I do separate out the cognitive process from that sort of emotion from the heart, sort of heartfelt, um, ting where you doint have control, but that you are just willing anything.

Source: *Source 2*

”

I hope it is a memeorable day, I hope it is as special as I want it to be. Um, but I mean its that “I hope I don't get stuck I traffic”, I mean, you do you do, there is no real sense of loss, unless you are trying to get to the airport, in which case getting stuck in traffic has a whole new... So even in that example there is a cionsequence to it not happening. And if there is not a big enough consequence...

Source: *Source 2*

”

I don't want anything to get in my way for me to miss that event, and that event is so important to me, and if I missed it, I would be devastated

Source: *Source 2*

”

I hope it stops raining before I go out for a run. An it doesn't really matter!

Source: *Source 2*

”

Its not a zero sum game, so for that one fear, I think its not that it wasn't important, because it really was, but there was less of an either or consequence, so when, if you contrast that to something in a completely extreme way, like death, you fear that it will happen, and its so extreme to the hope that its fear, with that one it was “I really hope he will get it, but if he doesn't he will get another one”.

Source: *Source 2*

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So if it doesn't work there, it will work somewhere else, and it wont be quite as good, and he perhaps wont like it quite as much, but its not the end of the world. So the consequence of him not getting it meant that the fear was a lot less. So that was more I really hope he does!

Source: *Source 2*

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because if you are hoping for something, whats the impact of it not happening and how extreme is that impact? And depending, that's where you could have a graph which is, if, you know, if the impact is really significant then the fear level goes up and your hope level corresponds to that. You know, if the impact of the negative happening is less, then I think there is less fear and less hope.

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” its not the end of the world and I will do something else. So, ill find a different pathway, so that's more, that's more, pure hope if you like is for me the key thing there is if it happens, how do you feel about that, you know, if the event that you are hoping for doesn't happen, does happen then whats the impact and the greater the impact the higher the fear level.

Source: *Source 2*

” I think its emotional resonance of the thing that you are hoping for. I some ways its loss and gain, bbut in some ways its more complex than that, its how emotionally invested am I, whats the emotional impact of the thing happening, or not happening, and whats the emotional consequence.

Source: *Source 2*

” So, if the emotional consequence is great, um, then the fear factor is higher.

Source: *Source 2*

” the hoping that it wouldn't happen was driven by a fear of potential negative consequences that mean a lot to me.

Source: *Source 2*

” it always boils down to the emotional stakes of it happening or not happening, and the greater those emotional stakes, or the impact, the greater likelihood that there is to be fear that it wont happen

Source: *Source 2*

” so if you think about the two examples I have given, on the one hand my mum having cance, the emotional stake of her not getting better was huge. Absoulyely massive. You know the emotional stake of my husband not getting his ideal job was a lot less because there were others.

Source: *Source 2*

” SO, its that what have you got, whats the impact of it not happening and you can think about that as a loss or a gain, or you can think about it as an emotional impact

Source: *Source 2*

” how much do I care about it and how much does it alter how I feel about things. Um, and I think it's the emotional resonance and the goal, is the higher the emotional resonance of the goal, the greater its loss if it doesn't happen.

Source: *Source 2*

” if you really, really really want something to happen then the fear that you will have is that it doesn't.

Source: *Source 2*

AGENCY / MOTIVATION

” is being hopeful for me like a motivator, umm and yes I think it is really, it does motivate me

Source: *Source 1*

” so I do find it motivating.

Source: *Source 1*

”
P: But it's not fear that motivates me it's the hope

Source: *Source 1*

” being hopeful that motivates me

Source: *Source 1*

” I feel I don't get a sense that I'm motivated by fear.

Source: *Source 1*

” not how I get motivated by things. Fear is more of potential to stop me doing something.

Source: *Source 1*

” I know for some people it is, it gives them a bit of a, like I'm going to make sure that doesn't happen

Source: *Source 1*

” It drives them forward,

Source: *Source 1*

” its sticks me in a place rather than moves me from it.

Source: *Source 1*

” it wasn't fear that was the motivator.

Source: *Source 1*

” you've got the motivation

Source: *Source 2*

” Um, I mean think that it depends on how committed somebody is to the goal, and for me, certainly if somebody didn't, um, isn't committed, then nothing is going to happen

Source: *Source 2*

” and in my sisters case, I would say that she doesn't want to, she thinks that she probably ought to but she doesn't want it enough, to have the agency

Source: *Source 2*

” So for me, for her, agency is lacking. She doesn't have that motivation, it's not important enough to her, and it hasn't got to that stage where the fear thing has kicked in.

Source: *Source 2*

” , I mean Prochaska talks about it in his changing for good model, I don't know if you have come across that before , but he talks about, you know, an event, some sort of an emotional trigger that galvanises change

Source: *Source 2*

” you have a health scare, or somebody says something. There’s something that makes, all of a sudden, makes that motivation, that agency – flip from oh I’ll do something about it one day, to no, I want to do something now.

Source: *Source 2*

” So, fear, I mean, if I think about, if I’ve got to go and do a big presentation to people, um, which scares the living daylights out of me, um, that fear gets my adrenaline going and it galvanises me to really make sure that I know my topic.

Source: *Source 2*

” So its, you know, the fear of not knowing what I’m talking about drives me to prepare.

Source: *Source 2*

”
P: Verses, you know, a fear of heights, which, I, you know, if I’m crossing a high bridge, that would stop me in my tracks.

Source: *Source 2*

” Every choice that you make there is a price! And, it depends whether the price is worth it.

Source: *Source 2*

” So in my sister’s case, the price of losing weight, you know, she is not obese, she is just, would like to lose a few kilos. Um, the price of losing that is not being able to eat and drink what she likes, and controlling etc. it’s not important enough to her

Source: *Source 2*

” social and emotional trigger that actually flips that to, that is now a price worth paying for me to make the sacrifices that I need to to make this change happen. Which goes into the agency thing of do I have strong enough motivation to make this change, or not.

Source: *Source 2*

” if the reward is absolutely massive, you know, the perceived reward at the other end, then potentially, you know, you would walk over that bridge, and certainly if there was enough fear that outweighed that bridge pushing from the other end – you would go bolting over that bridge.

Source: *Source 2*

” At least when fear kicks in, if its what we were talking about earlier, fear that galvanises you to do something, its action orientated.

Source: *Source 2*

” I think a lot of it is sown to perspective, and perhaps the way that you see the world. And whether you are coming from an approach or avoidance motivation.

Source: *Source 2*

” im an optimistic person, I always think half full, I assume the best is going to happen, I assume everything is going to work out, and if it doesn't work out, I assume I will find the wherewithal to make it work.

Source: *Source 2*

” Whereas for me, Snyders hope model is more action orientated, which requires me to have a motivation, and the means to make things happen, that I want to happen.

Source: *Source 2*

DIFFICULTY

”

P: So, if we were going back to my father in law, there were a lot of hurdles that we as a family needed to get over

Source: *Source 1*

”

it's that sort of sense of even when stuff is hard, you trust that you've got the wherewithal to be able to find a way through it

Source: *Source 2*

ACTION

”

And I was the one that was saying if we do that then well be able to do this

Source: *Source 1*

”

I was thinking about how were going to cross them and what we needed to do in order to jump over them

Source: *Source 1*

”

I was hopeful that jumping over them would give us the outcome that we wanted

Source: *Source 1*

”

If I applied it, that was an internal thing for me on just how I approach things

Source: *Source 1*

”

and I can identify pathways, and when my pathways are blocked, I can identify other ones.

Source: *Source 2*

”

P: Which is obviously the flip-side, but the process of taking steps to be able to put order for me is a hopeful, is a positive thing, because it helps me feel that I'm doing something.

Source: *Source 2*

”

the bit between people using hope as an excuse to avoid them having to take any action. Um, that's not something that I personally recognise, or do, but I know it does exist.

Source: *Source 2*

”

She hopes she's going to lose weight, but she does nothing to do it!

Source: *Source 2*

”

you have to do something. But she's hoping it will just happen.

Source: *Source 2*

”

So, fear, I mean, if I think about, if I've got to go and do a big presentation to people, um, which scares the living daylights out of me, um, that fear gets my adrenaline going and it galvanises me to really make sure that I know my topic.

Source: *Source 2*

”

So its, you know, the fear of not knowing what im talking about drives me to prepare.

Source: *Source 2*

”

At least when fear kicks in, if its what we were talking about earlier, fear that galvanises you to do something, its action orientated.

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As we said fear can be paralysing as well, so if the, once you are out of denial , you can either go into fear that gets you to kmove somewhere, or hope that gets you to move somewhere. I don't think that you can make progress whilst you are in denial.

Source: *Source 2*

”

So for me, optimism is more akin to wishful thinking, and hope, Snyders hope model is more about making stuff happen.

Source: *Source 2*

”

the process of me doing practical things to help increase the likelihood of it happening, and at that point it was more action oriented than how people would normally understand hope

Source: *Source 2*

”

The foreground emotion was action, well was not an emotion, the foreground was action oriented practical staps, what can I do.

Source: *Source 2*

OPTIMISM & PESSIMISM

”

And I was the one that was saying if we do that then well be able to do this

Source: *Source 1*

”

I was hopeful that jumping over them would give us the outcome that we wanted

Source: *Source 1*

”

P: I think hope comes with uncertainty, optimism, fear

Source: *Source 2*

”

So I think optimism, and self efficacy come into it and they are closely aligned.

Source: *Source 2*

”

in an optimistic person, I always think half full, I assume the best is going to happen, I assume everything is going to work out, and if it doesn't work out, I assume I will find the wherewithal to make it work.

Source: *Source 2*

”

And I think that I can do that with an optimistic frame of mind, which is, I go into it feeling optimistic that I will work it out, but you know, I suppose a deeper question is, is Snyder's hope model really hope, or is it a goal-setting, is it hopeful goal-setting?

Source: *Source 2*

COGNITIVE

”

There's Snyder's cognitive model of hope as a goal-setting and thinking process

Source: *Source 2*

”

but in some ways doesn't really capture for me what hope is

Source: *Source 2*

” So for me there's the cognitive process

Source: *Source 2*

” If you're thinking about the cognitive model , then it serves as a process of being able to make progress.

Source: *Source 2*

” the cognitive bit is a sort of a sense of possibility and achievement.

Source: *Source 2*

” And, so that cognitive hope process comes into play. I might not be able to control the outcome at that, but I can make a difference on this little bit, and there are things that I can do , I order to make myself feel better, or to give myself this sense of feeling in control

Source: *Source 2*

” I think that those two, rather than just sitting there and you know, wailing in the wind and waiting for something to happen or not happen, I think that cognitive process, for me at least kicks in, and I go into the right, ok, what can I do.

Source: *Source 2*

” So I think in some ways it might be linked to the brain is in shock and it just needs to get its head around coping with this.

Source: *Source 2*

” I think its with more information you adjust, you adjust your goals

Source: *Source 2*

PATHWAYS

” and I can identify pathways, and when my pathways are blocked, I can identify other ones.

Source: *Source 2*

” it’s that sort of sense of even when stuff is hard, you trust that you’ve got the wherewithal to be able to find a way through it

Source: *Source 2*

” and you might not know where that’s going to take you but you know you’ve got the toolkit as it were to be able to make something happen

Source: *Source 2*

” on Snyder’s version of hope, I think there is a control thing, because whilst you may not be able to control the outcome, you can control the process, and you can control your response to it.

Source: *Source 2*

” P: Which is obviously the flip-side, but the process of taking steps to be able to put order for me is a hopeful, is a positive thing, because it helps me feel that I’m doing something.

Source: *Source 2*

” I’m an optimistic person, I always think half full, I assume the best is going to happen, I assume everything is going to work out, and if it doesn’t work out, I assume I will find the wherewithal to make it work.

Source: *Source 2*

” Whereas for me, Snyder’s hope model is more action orientated, which requires me to have a motivation, and the means to make things happen, that I want to happen.

Source: *Source 2*

” It’s not the end of the world and I will do something else. So, I’ll find a different pathway, so that’s more, that’s more, pure hope if you like is for me the key thing there is if it happens, how do you feel about that, you know, if the event that you are hoping for doesn’t happen, does happen then what’s the impact and the greater the impact the higher the fear level.

Source: *Source 2*

WISHFUL THINKING

” And whilst I don't see hope as wishful thinking

Source: *Source 2*

” I mean I think that goes into what I would call “wishful thinking”. I mean, I think that you can abdicate responsibility, and say – well, there's nothing I can do about it so I'm just gonna “hope for the best”.

Source: *Source 2*

” “oh I’ll just sit back and see what happens ” , but I think that it absolutely does exist

Source: *Source 2*

” you have to do something. But she's hoping it will just happen.

Source: *Source 2*

” That whole sense of if things could just go back to the way that they were before all this stuff happened.

Source: *Source 2*

” Its sort of together alongside the wishful thinking. Because for me, when I was in the denial, it was around, “maybe it will all just go away”, maybe you know, this will get better, and that's the wishful thinking, which is the denial, and the not accepting that this is where we are, we need to deal with this.

Source: *Source 2*

” Because, are you really emotionally invested? Do you really want it enough that actually you don't really care whether it does or it doesn't, that's not hope, because hope, and gain, I do separate out the cognitive process from that sort of emotion from the heart, sort of heartfelt, um, ting where you doint have control, but that you are just willing anything.

Source: *Source 2*

” I suppose hope could, weather for a wedding, that perhaps that straddles, because what that is really saying is I hope the day goes well

Source: *Source 2*

”

I hope it is a memorable day, I hope it is as special as I want it to be. Um, but I mean it's that "I hope I don't get stuck in traffic", I mean, you do you do, there is no real sense of loss, unless you are trying to get to the airport, in which case getting stuck in traffic has a whole new... So even in that example there is a consequence to it not happening. And if there is not a big enough consequence...

Source: *Source 2*

”

I hope it stops raining before I go out for a run. An it doesn't really matter!

Source: *Source 2*

”

So for me, optimism is more akin to wishful thinking, and hope, Snyders hope model is more about making stuff happen.

Source: *Source 2*

EMOTIONAL

”

and then there's the emotional process.

Source: *Source 2*

”

I suppose that emotional thing

Source: *Source 2*

”

I think that the emotional hope

Source: *Source 2*

”

so, um, I'd probably say the emotional bit is a coping mechanism

Source: *Source 2*

”

I think that emotional hope is around – there is nothing that you can do about it, you can't influence it, you can't control it

Source: *Source 2*

” , I mean Prochaska talks about it in his changing for good model, I don't know if you have come across that before , but he talks about, you know, an event, some sort of an emotional trigger that galvanises change

Source: *Source 2*

” I think there is a positive and a negative side to emotions

Source: *Source 2*

” If you think about any emotion, whether its pride or joy, or happiness, if the volume control is too high on it, its not a positive thing. So I think fear is the same.

Source: *Source 2*

” I don't think it is an emotion. Um, I think it is a composite.

Source: *Source 2*

” um, I think that when it happens, I think it comes with a release and joy and happiness – when it's the way you want it. If it doesn't happen then its sadness

Source: *Source 2*

” I think it's a complex emotion for want of a better phrase

Source: *Source 2*

” it's a complex construct – in and of itself. I think, depending on which way the dice falls – it leads to different emotions.

Source: *Source 2*

” your in fight or flight, your responsive, your adrenaline is flowing, your cortisol is flowing, you are responding to a certain, you know – it is pure fight or flight. That doesn't involve emotion!

Source: *Source 2*

” the emotion may come later –

Source: *Source 2*

” I don't think we have a language in schools and in life that enables people to deal openly with their emotions, and I think that's more so with men in society

Source: *Source 2*

” in terms of organisations where it's actually a sign of weakness to show emotion. Therefore you get this social conditioning of, you know – emotion equals bad, emotion equals weakness.

Source: *Source 2*

” And, you know, women, when you are called “emotional”, it is not a compliment.

Source: *Source 2*

” if you control your emotion, and that controls your ability, and willingness to put yourself out there to be vulnerable and openly be hopeful.

Source: *Source 2*

” and it was almost a bit of annoyance at the disruption, and annoyance of what she could and couldn't do, just stuff that got in the way.

Source: *Source 2*

” and a lot of anger, a lot of fear

Source: *Source 2*

” mostly I would say if I think about the emotions, a huge amount of sadness

Source: *Source 2*

” there was an awful lot of anger around why her? She was an incredibly brilliant person, she was really young, why her, why not, you know – all of these worthless people out there. I would say that the predominant thing was anger

Source: *Source 2*

” Because, are you really emotionally invested? Do you really want it enough that actually you don't really care whether it does or it doesn't, that's not hope, because hope, and gain, I do separate out the cognitive process from that sort of emotion from the heart, sort of heartfelt, um, ting where you don't have control, but that you are just willing anything.

Source: *Source 2*

” And people who have religious faith would probably pray. Um, and it's that level of sort of emotional connection, which is, do you really really want something to happen, but you have no influence or control of how it does, or if it does.

Source: *Source 2*

” for me is missing in his model is the emotional element.

Source: *Source 2*

” the Snyder Model lacks the emotional component, so it works when there are circumstances that you have influence over, I don't think it works when it's a situation that you don't have influence over.

Source: *Source 2*

” I probably wouldn't draw it as a curve, you know plotting it on a graph, but I would describe it as foreground and background, you know, respite is a good word in that when I was taking action, you know, the “I really hope he gets it” wasn't foreground in my mind, it was what can I do to help. So, it, the hope receded in terms of its prominence.

Source: *Source 2*

” I think it's emotional resonance of the thing that you are hoping for. In some ways it's loss and gain, but in some ways it's more complex than that, it's how emotionally invested am I, what's the emotional impact of the thing happening, or not happening, and what's the emotional consequence.

Source: *Source 2*

” SO, its that what have you got, whats the impact of it not happening and you can think about that as a loss or a gain, or you can think about it as an emotional impact

Source: *Source 2*

” how much do I care about it and how much does it alter how I feel about things. Um, and I think it's the emotional resonance and the goal, is the higher the emotional resonance of the goal, the greater its loss if it doesn't happen.

Source: *Source 2*

RESILIENCE

” it's that resilience

Source: *Source 2*

” it's that sort of sense of even when stuff is hard, you trust that you've got the wherewithal to be able to find a way through it

Source: *Source 2*

” I suppose for me, it's a coping mechanism!

Source: *Source 2*

” so, um, I'd probably say the emotional bit is a coping mechanism

Source: *Source 2*

” im an optimistic person, I always think half full, I assume the best is going to happen, I assume everything is going to work out, and if it doesn't work out, I assume I will find the wherewithal to make it work.

Source: *Source 2*

CHANCE

” in some ways, it doesn't matter what you do about it, it's not going to ultimately change the outcome because that's a role of the dice thing. It either will or it won't!

Source: *Source 2*

” And it's that, sort of the chance, the luck and your just hoping that the dice is going to fall in your favour. Um, and there's nothing you can do about it!

Source: *Source 2*

” I think that those two, rather than just sitting there and you know, wailing in the wind and waiting for something to happen or not happen, I think that cognitive process, for me at least kicks in, and I go into the right, ok, what can I do.

Source: *Source 2*

” “oh I'll just sit back and see what happens ”, but I think that it absolutely does exist

Source: *Source 2*

” You know you think about, say, somebody having a heart attack and dropping down dead, then you don't have a chance to hope that their end will be, you don't get a chance to go through the process.

Source: *Source 2*

” the process of me doing practical things to help increase the likelihood of it happening, and at that point it was more action oriented than how people would normally understand hope

Source: *Source 2*

Denial

” For me hope is positive, you know I hope that things won't happen, and so that's an avoidance mechanism, because I'm hoping that the event won't happen, because I don't want it to, so, but for me, it feels like a positive process

Source: *Source 2*

” the bit between people using hope as an excuse to avoid them having to take any action. Um, that's not something that I personally recognise , or do, but I know it does exist.

Source: *Source 2*

” I think, you know – denial

Source: *Source 2*

” where hope is present, it because there is emotional content, because we like to keep our emotions buried.

Source: *Source 2*

” I don't think we have a language in schools and in life that enables people to deal openly with their emotions, and I think that's more so with men in society

Source: *Source 2*

” So I was continually hoping through the process from I hope that this would just go away and not happen,

Source: *Source 2*

” I was fearful that It would happen, I was fearful, part of why I was hoping so desperately that it would go away was that I was fearful it wouldn't.

Source: *Source 2*

” I don't think it's a part of hope, I think its part of the process of getting to hope.

Source: *Source 2*

” I think it's a coping mechanism. And it's a response from the brain, you know, I really don't want to have to deal with this, and I would rather it all just go away, and we can go back to normal . And I think that hope comes after the denial.

Source: *Source 2*

”

As we said fear can be paralysing as well, so if the, once you are out of denial , you can either go into fear that gets you to kmove somewhere, or hope that gets you to move somewhere. I don't think that you can make progress whilst you are in denial.

Source: *Source 2*

”

Its sort of together alongside the wishful thinking. Because for me, when I was in the denial, it was around, “maybe it will all just go away”, maybe you know, this will get better, and that's the wishful thinking, which is the denial, and the not accepting that this is where we are, we need to deal with this.

Source: *Source 2*

”

obviously at the beginning I wanted, you know I was hoping that she would get better and as soon as I realised that she wasn't going to get better, you start hoping for different things.

Source: *Source 2*

”

my dad was I a little bit of, he was stuck in denial for a hell of a lot longer stage than I was.

Source: *Source 2*

”

I didn't accept it on one level and that's where the anger came in, but I think in those circumstances it did absolutely help me to cope, and to adjust to, to realise that a miracle wasn't going to happen, didn't make me accept it, the acceptance bit came quite a bit later.

Source: *Source 2*

”

I think a lot of it is sown to perspective, and perhaps the way that you see the world. And whether you are coming from an approach or avoidance motivation.

Source: *Source 2*

Vulnerability

” a word that came into my mind was vulnerability

Source: *Source 2*

” I think that hope requires you to be vulnerable

Source: *Source 2*

” If you are expressing your hope, and you are communicating it, it requires you to be vulnerable

Source: *Source 2*

” if you control your emotion, and that controls your ability, and willingness to put yourself out there to be vulnerable and openly be hopeful.

Source: *Source 2*

Courage

” it requires you to be vulnerable, and that takes courage for me, to be prepared to be vulnerable

Source: *Source 2*

” I think that if you are hoping in secret, and you are not communicating then I don't think it takes courage

Source: *Source 2*

” as much. I think it takes courage to face how you are feeling, and to allow yourself to hope. Once you are hoping, it's a process of allowing yourself to hope that I think requires courage.

Source: *Source 2*

” It's that, I am prepared to hope for this, I am prepared to, it's a bit like if you decide, I am not going to fall in love because I don't want to get hurt

Source: *Source 2*

” You can allow yourself that knowing that the price you have to pay for that is potentially disappointment, and sadness if it doesn't happen.

Source: *Source 2*

” So I think optimism, and self efficacy come into it and they are closely aligned.

Source: *Source 2*

ACCEPTANCE

”

You cant hope that she is going to get better, because you know that she is not

Source: *Source 2*

”

So you adjust those goals to deal with the realism that you have got in front of you.

Source: *Source 2*

”

I think you do adjust your goals as reality kicks in

Source: *Source 2*

”

I think acceptance of something and adjusting, you know your hope goals, you know are two different things, for me are certainly two different things.

Source: *Source 2*

”

I didn't accept it on one level and that's where the anger came in, but I think in those circumstances it did absolutely help me to cope, and to adjust to, to realise that a miracle wasn't going to happen, didn't make me accept it, the acceptance bit came quite a bit later.

Source: *Source 2*

GOALS

”

I link Snyders model, which I like a lot as a goal setting model, for me it doesn't encapsulate fully what I think hope is.

Source: *Source 2*

”

And I think that I can do that with an optimistic frame of mind, which is, I go into it feeling optimistic that I will work it out, but you know, I suppose a deeper question is, is Snyders hope model really hope, or is it a goal-setting, is it hopeful goal-setting?

Source: *Source 2*