

# Personal Growth Concepts™

[www.personalgrowthconcepts.com](http://www.personalgrowthconcepts.com)

**Waiting Room**

## HOPE

While You Are In The Waiting Room, Some Thoughts For Whatever Brought You To Counseling

HOPE:

"What are your best hopes?

What has kept your hope alive during periods of difficulty?

How has hope influenced you recently?

Suppose you had more hope, how would your life be different?

What is the smallest difference that would increase your hope?"

From: 1001 Solution Focused Questions

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