My hope box

A box of reminders of what matters to you, for the worst moments.

Name _____ Date _____

When things are at their worst, it is hard to remember anything good. A hope box does the remembering for you. It is a real box, or a folder on your phone, filled with things that connect you to what matters and to getting through.

What to put in it

- [ ] Photos of people, pets and places I love
- [ ] Letters, cards or messages that meant something
- [ ] A list of reasons to keep going
- [ ] Something that smells or feels comforting
- [ ] Music, or a playlist
- [ ] A letter to myself, written on a better day
- [ ] Things that make me laugh
- [ ] Reminders of what I have come through
- [ ] Things I am looking forward to, however small
- [ ] My coping cards and safety plan
- [ ] Names and numbers of people I can contact

People, animals and places that matter to me

Things I still want to do, see or be around for

What I would say to someone I love who felt the way I sometimes do

Where I will keep my hope box, so I can reach it easily

A message to myself for a hard night

Add to it whenever something good happens. In an emergency call 112 or 999. Samaritans: freephone 116 123.

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.