

# 5

## ELIMINATE CHALLENGES

Most of the challenges to hope are habits of thought, and take constant, repetitive actions to change them. Thanks to the science of neuroplasticity, we know it is possible with practice and dedication.

Challenges to Hope can quickly take you from hope to hopelessness. However, once you identify these Challenges to Hope, you can use your Stress Skills, Happiness Habits, Inspired Actions, and Hope Network to overcome them.

### Challenges to Hope:

- Rumination
- Worry
- Internalizing Failure
- Focusing on the Uncontrollable
- Automatic Negative Thoughts
- Limiting Beliefs
- All-or-Nothing Thinking

Know Where to Go for Support

[www.ifred.org/individual-support/](http://www.ifred.org/individual-support/)

