



# ELIMINATING CHALLENGES

Challenges to Hope are negative habits of thought that quickly take you to hopelessness, that emotional despair and sense of helplessness. The thought patterns are often unconscious habits, so becoming aware of these patterns is critical. Once we know what they are and recognize them, it is important to counteract them so that we don't let them keep us from all we hope for in life.



## Eliminating Challenges

Most of the Challenges to Hope take constant, repetitive actions to change and overcome. Thanks to the science of neuroplasticity, we know it is possible with practice and dedication. The key is to learn to identify what specific challenges happen most frequently and then proactively find ways to manage those challenges.

Limiting Beliefs

Automatic Negative Thoughts (ANTs)

All-or-Nothing Thinking

Negative Bias

Rumination

Worry

Focusing on the Uncontrollable

Attaching to Outcomes

Internalizing Failure