

My Book of Hope



Name:

Acknowledgements

The content of this booklet was adapted from materials developed by Dr. Karyn Harvey, a practicing clinical psychologist. Dr. Harvey has supported people living with intellectual and developmental disabilities for over 30 years. She is a well-known author and trainer on trauma informed care and positive behavioral interventions.

To see the original content, please go to:

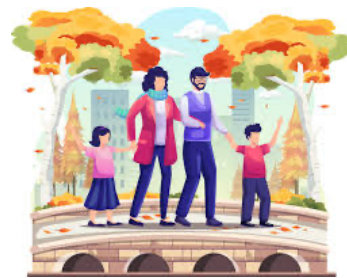
<https://karynharvey.org/about.html>

When I am down there are certain things that make me feel better. Circle what you do:

Prayer



Take a walk



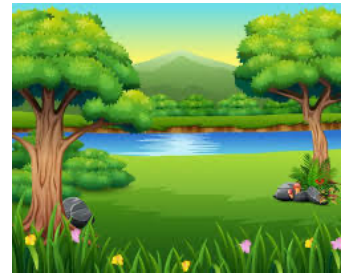
Go to Church



Call a friend
FRIENDS



Nature



Read about my favorite saint

**When things look bad there are
certain people who cheer me up.
Here are their names:**

The best thing anyone ever told me that always makes me feel better is:

**Jesus can help me when I feel down.
What else can I remember when I feel down?**

Many things are better than they used to be before for me. Here are some of them:

When I look to the future there is one good thing I always know:

I have a belief in my heart that always helps. It is:

If someone else is sad this is what I tell them:

The thing I am most proud of about my life is:

Everyday I keep going because I know:

The best part of my life is:

Yes! I have hope!!

Signed by the Author

Materials adapted by:



Deaf and Disabilities Ministry

The Roman Catholic Archdiocese of Washington

specialneedsministry@adw.org

301-853-4560

301-200-5430 VP

@ADWDDMinistry

www.facebook.com/ADWDeafDisabilitiesMinistry