



# Well-being

## Hope

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### Pre-Assessment

#### True or False Questions

1. Hope is a feeling that what one desires will happen.  
True      False
2. Hope is concerned with the here and now.  
True      False
3. Hope is related to coping ability.  
True      False
4. Hope expressed in the face of terminal illness is denial.  
True      False

**Answers:**

1. Hope is a feeling that what one desires will happen. **Answer: True.**
2. Hope is concerned with the here and now. **Answer: False.**
3. Hope is related to coping ability. **Answer: True.**
4. Hope expressed in the face of terminal illness is denial. **Answer: False.**

Hope anticipates some future event will have a positive result. "Hope for the best," is the colloquial saying. It's not the case that we hope for the worst. Rather we may fear the worst and hope for the best.

Research verifies that hope and coping are related. Finally, hope expressed in the face of terminal illness is not likely for a cure (although miracles are usually welcome) but for an opportunity to live until some specified event - a wedding, birth of a baby, graduation, Christmas or for another day.