

Communication, Relationships and “Hope Theory” (Snyder)

- “Hope is perhaps one of the fundamental interpersonal gifts (Snyder, 2000, p. 31).
- What is hope?
 - Hope = Pathways thinking + Agentic thinking
- Pathways thinking
 - Sensing/perceiving external stimuli
 - Learning temporal linkages between events
 - Forming goals
- Agentic thinking
 - Perceptions of oneself as originating actions
 - Self-recognition
 - Forming goals

Communication, Relationships and “Hope Theory” (Snyder)

- Communication and Pathways thinking
 - Sensing/perceiving external stimuli
 - Messages can help/hinder forming images of the world
 - Messages call to our attention features of the world
 - Learning temporal linkages between events
 - Messages help paint causal pictures
 - Messages punctuate events
 - Forming goals
 - Messages identify and frame goals
 - Messages “structure” thinking about goals
 - Messages help to envision solutions for problems in the world.

Communication, Relationships and “Hope Theory” (Snyder)

- Communication and Agentic thinking
 - Perceptions of oneself as originating actions
 - Self-image, self-esteem, presentation of self rooted in interpersonal communication
 - Self-recognition
 - Communication can facilitate self-efficacy “I can do it.”
 - Communication can reinforce an I-can-act-and-address-this problem attitude
 - Forming goals
 - Communication can help to form goals.
 - Communication can coordinate multiple lines of action to bring about change.

High-Hope and Communication

- Communication functions to aid impediment-management (High hope)
- Communication facilitates high-hope individuals and high-hope relationships and groups.
- Individuals are agencies of potential and high hope individuals communicate so as to facilitate potential in others.
- High-hope messages facilitate “hope” and can help buffer when impediments encountered.
