

The acquisition of [hope](#) as a virtue; hope that maturing clinical and surgical skills will lead to confident decision-making, and on a more visceral level, hope that things actually will improve (the proverbial light at the end of the tunnel). Failure to achieve this virtue leads to [despair](#), [hopelessness](#), increasing [isolation](#), and [regret](#), culminating in the sense that one has made the wrong [career](#) decision, and/or that things will only get worse.

Hope training is a form of intervention that is designed to help individuals increase their sense of hopefulness and optimism. The goal of hope training is to provide individuals with the tools and skills they need to overcome obstacles, achieve their goals, and develop a positive outlook on life.

Hope training typically involves a combination of techniques from cognitive-behavioral therapy (CBT) and positive psychology. These techniques may include:

Cognitive restructuring: This involves identifying and challenging negative or self-defeating thoughts and replacing them with more positive, realistic, and adaptive thoughts.

Goal setting: This involves setting realistic and achievable goals and developing a plan of action to achieve them.

Positive self-talk: This involves using positive and supportive self-talk to boost confidence, motivation, and resilience.

Gratitude practices: This involves cultivating a sense of gratitude and appreciation for the positive aspects of one's life.

Mindfulness meditation: This involves practicing mindfulness and self-awareness to reduce stress and increase resilience.

Hope training can be provided in a variety of settings, including individual therapy, group therapy, and self-help programs. It can be especially helpful for individuals who are struggling with depression, anxiety, or other mental health conditions, as well as those who are experiencing challenging life circumstances.

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