

TABLE 4.6 The 14 Aspects of Client Narratives to Attend to in Hope Finding (Lopez et al., 2004).

1. How did the client generate goals?
 2. What was the motivation?
 3. How attainable or realistic were the goals?
 4. How were the goals perceived?
 5. What was the client's mood/attitude during the process?
 6. How was the movement toward goals initiated?
 7. How was the movement toward goals maintained?
 8. What were the biggest barriers to reaching the goals?
 9. What emotions did these barriers elicit?
 10. How were barriers overcome, and what steps were taken to reach the goals?
 11. Were the goals attained?
 12. How does the client feel about the outcome?
 13. If the client were to attempt the same goal today, what would he or she do differently?
 14. Can the client recast the experience in more hopeful terms (i.e., by identifying lessons learned that can facilitate future efforts)?
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