

## Outline

### Diagnosing Hope

Dr. Cloud will discuss the lifesaving virtue of hopelessness. You'll learn that being hopeful can actually have negative consequences if you aren't in touch with what is and isn't working. In this session, you will get motivated about getting hopeless. Once you are in touch with the reality of your situation, you will be able to see endings clearly; you'll be confident in what you are hoping for, and what you need to let go of. You will also learn about the different types of "pasts", and how they can be a pruner's best friend. The experiences of the past not only predict the future, but can help you decide what's worth keeping and fixing - and what needs to be pruned.

### Small Group Discussion Questions:

#1: Have I gotten to the pruning moment? When, is enough?

#2: Am I wishing vs. hoping?

#3: What are the things that are going to be new? What are the things that are going to be different?