

# When You're Afraid to Hope Again

*A companion page for Stephanie's solo conversation*

## DEFINING QUESTION

**When a new possibility appears, is an old disappointment already deciding how much joy I can allow myself?**

## TRUTH TO CARRY

I didn't need a guarantee to give myself permission to hope.

## PRAYER PROMPT

Tell Heavenly Father where disappointment has made you cautious. Ask for wisdom to recognize what needs a healthy boundary and where you can safely make room for hope again.

## REFLECTION

- What do I say to myself when something promising happens?
- Is that response helping me act wisely, or preparing me to hurt before I know the outcome?
- What small possibility could I appreciate today without demanding certainty?

## ONE SMALL GRIT PRACTICE • CATCH THE WARNING

1. Notice one automatic warning: "Don't get your hopes up."
2. Name the disappointment or fear behind it without judging yourself.
3. Try saying: "I can welcome this possibility without knowing the outcome."

## CLOSING REMINDER

**You don't have to deny yesterday's disappointment to make room for tomorrow's possibility.**

*If this page brings someone to mind, gently share the episode with them.*