

Demoralization Writing Exercise

This is a confidential exercise. The intent of this exercise is to increase your understanding of demoralization and how you experienced and responded to a time of hopelessness.

1) Recollect a time in your life in which you felt temporarily hopeless. You can write down a few notes about this if you choose to.

2) As you remember this event—What steps did you take in trying to cope?

3) What ultimately helped you feel better?

4) Now that you know the existential components of demoralization—which ones were present in your time of hopelessness?

5) Did the ways you coped and ultimately felt better correspond with improvement in any of the existential components?