

Our Blueprints for Hope

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| <p><i>1st Level: Hope Motives</i></p> <p>Biological Motives</p> | <p>Attachment System</p> | <p>Mastery System</p> | <p>Survival System</p> |
| <p><i>2nd Level: Endowments & Support</i></p> <p>Individual gifts</p> <p>Social & Cultural gifts</p> <p>Spiritual gifts</p> | <p>Basic Trust & Openness</p> <p>Love & Care</p> <p>Spiritual Presence</p> | <p>Curiosity & Planning</p> <p>Support & Direction</p> <p>Spiritual Guidance</p> | <p>Personal Coping Skills</p> <p>Cultural Defenses</p> <p>Salvation</p> |
| <p><i>3rd Level: The Hopeful Core</i></p> <p>Attachment-related traits</p> <p>Mastery-related traits</p> <p>Survival-related traits</p> | <p>The attached self Relational-trust Supported openness Hopeful imprints</p> | <p style="background-color: #cccccc;"></p> | <p style="background-color: #cccccc;"></p> |
| | | <p>The empowered self Goal-based trust The will to hope Mediated power</p> | <p style="background-color: #cccccc;"></p> |
| | | | <p>The resilient self Survival-based trust Terror management capacity Symbolic immortality</p> |
| <p><i>4th Level: The Faith System</i></p> <p>Centers of Value</p> | <p>(Faith Options)</p> <p>A higher power, culture & tradition, diversity & equality, economics, nature, other people; the self, science</p> | | |

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| <i>5th Level: Expressions of hope</i> | | | |
| Hope-related beliefs | I'm empowered | There is goodness | The spirit endures |
| Hope-related feelings | I feel supported | I feel connected | I feel assured |
| Hope-related actions | I recruit help | I remain open | I stay mindful |

Figure 1: The Hope Foundation