

Questions That Build Hope

Helping Students Discover Strength, Resilience, and Possibility

School Counselor Resource Series

Purpose

Hope is one of the greatest protective factors in a student's life. While school counselors cannot remove every challenge a student faces, they can help students recognize their strengths, identify supportive relationships, and take meaningful next steps. These questions are designed to encourage reflection, resilience, and a greater sense of possibility.

Remembering Past Successes

- Tell me about a time you made it through something difficult.
- What helped you get through that situation?
- What did you learn about yourself?
- Looking back, what are you most proud of?

Recognizing Strengths

- What is one thing you do well?
- What strengths have helped you overcome challenges before?
- What positive qualities do other people see in you?
- What do you like most about yourself?

Finding Support

- Who is someone you trust?

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- Who makes you feel safe and accepted?
- Who encourages you when life feels difficult?
- How can those people support you right now?

Looking for Possibilities

- If things began to improve, what would be different?
- What's one thing you're hopeful will happen this week?
- What is one goal that feels realistic?
- What's one small step you could take today?

Discovering Purpose

- What activities make you feel energized?
- When do you feel most like yourself?
- What are you looking forward to?
- What kind of person do you want to become?

Building Confidence

- What challenge have you already overcome?
- What does success look like for you?
- What's something you've accomplished that once felt impossible?
- What would you tell a friend facing this same situation?

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Encouraging Gratitude

- What's one good thing that happened today?
- Who has made a positive difference in your life?
- What are you thankful for right now?
- What gives you something to smile about?

Looking Ahead

- What is one thing you're excited about?
- What do you hope this school year looks like?
- If you could change one thing in your life, what would it be?
- What would you like your future self to thank you for?

Closing with Hope

Consider ending conversations with one of these questions:

- What's one thing you'll remember from today?
- What's one step you'll take before tomorrow?
- What gives you hope as you leave today?
- What would you like us to celebrate the next time we meet?

Conversation Reminder

Hope doesn't always come from having all the answers. Often, it begins with one caring adult asking thoughtful questions, listening well, and helping students recognize that they have strengths, support, and a future worth moving toward.

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Part of the Freedom Path Counseling School Counselor Resource Series

These resources are provided free of charge to support school counselors as they invest in the emotional well-being of students and families. Learn more and access additional downloadable tools at **freedompathcounseling.org/school-counselor-resource-center**

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