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LIA Lifestyle Instruction Aid

abcd11. The Hope Response
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When you learn about the Hope Response, you will be able to use this technique to help break vicious cycles. The Hope Response is something that I coined to explain a phenomena that I noticed in humans.

The Hope Response is a physiological response. It is an interruption of the Stress Response. It is an interruption of the anxiety and adrenaline flow. It is a calming of the psyche. It is mediated by the brain due to a newly acquired awareness of some concept which has the effect of renewing hope.

Definition

The focussing of one's mind on a newly acquired awareness with some reality to it, and the commitment to act on the awareness, will cause a physiological response to counter the stress response.

The Hope Response can occur even during a severe crisis state, provided newly acquired awareness is sufficient to offer the prospect of some real hope. If the focus of ones mind is placed on this newly realized hope, the brain will override the stress response.

Calming results can occur within minutes. The body has then only to detoxify the adrenaline from the stress response. This may take up to 2 hours.

The problem, of course, is how to achieve the awareness of hope when all looks bleak, depression is setting in, and the weight of the world is crushing you into this deep black pit with sides so steep that no escape seems possible. This will be the goal of counsellors. The counsellors will strive to develop a newly acquired awareness. The 'hope' need not be realistic, it need only be real. For instance, it may not be realistic to reconcile with a separated partner, but the awareness and the possibility of the achievement of the reunion could be very real. Later, this particular awareness may fade away, but that is long after the hope response has had its effect. Awareness, of course, will be very individualistic.

The final part of the Hope Response equation is that the client must be prepared to act upon the awareness. One cannot fool one's own brain.

Summary

The Hope Response equation

1. Newly acquired awareness
2. An awareness with some reality to it.
3. The commitment to act on the awareness.

These three factors coming together will cause the brain to launch into an altered state of physiology which will have an immediate effect.

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