

Reflecting on Self-Efficacy, Hope, and Locus of Control

Think about a time when you didn't think you could succeed at something or were hopeless that something would work. It might have been trying to lose weight, changing a habit you didn't like, repairing a relationship that had turned south, or surviving the loss of a loved one.

- What happened for you when you faced that seemingly insurmountable struggle?
- How sustainable were your efforts to tackle it?
- Did you do it on your own or did you need help?
- Did you start to try and then give up? Why? If you didn't give up, what helped you persevere?