

الأمل

د - عبد المحسن ابراهيم ديغم

ما هو الأمل؟



.

الأهداف

المسارات

قوة الإرادة



goals : الأهداف



اذاً : -

موضوع
او
خبرة

حاجة او رغبة

تحقق على المستوى
القريب او البعيد

Willpower - قوة الإرادة

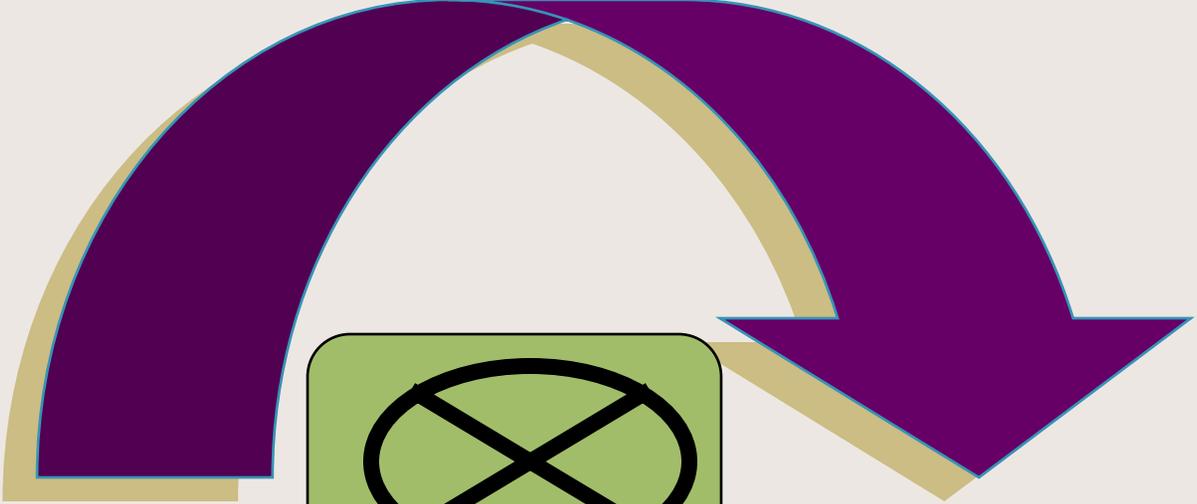
Mental energy

.

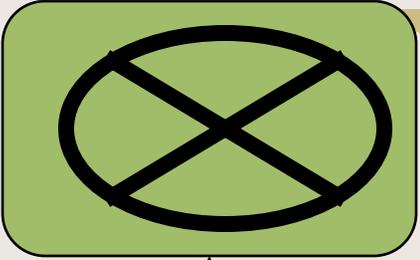
Way power

Mental

Capacity



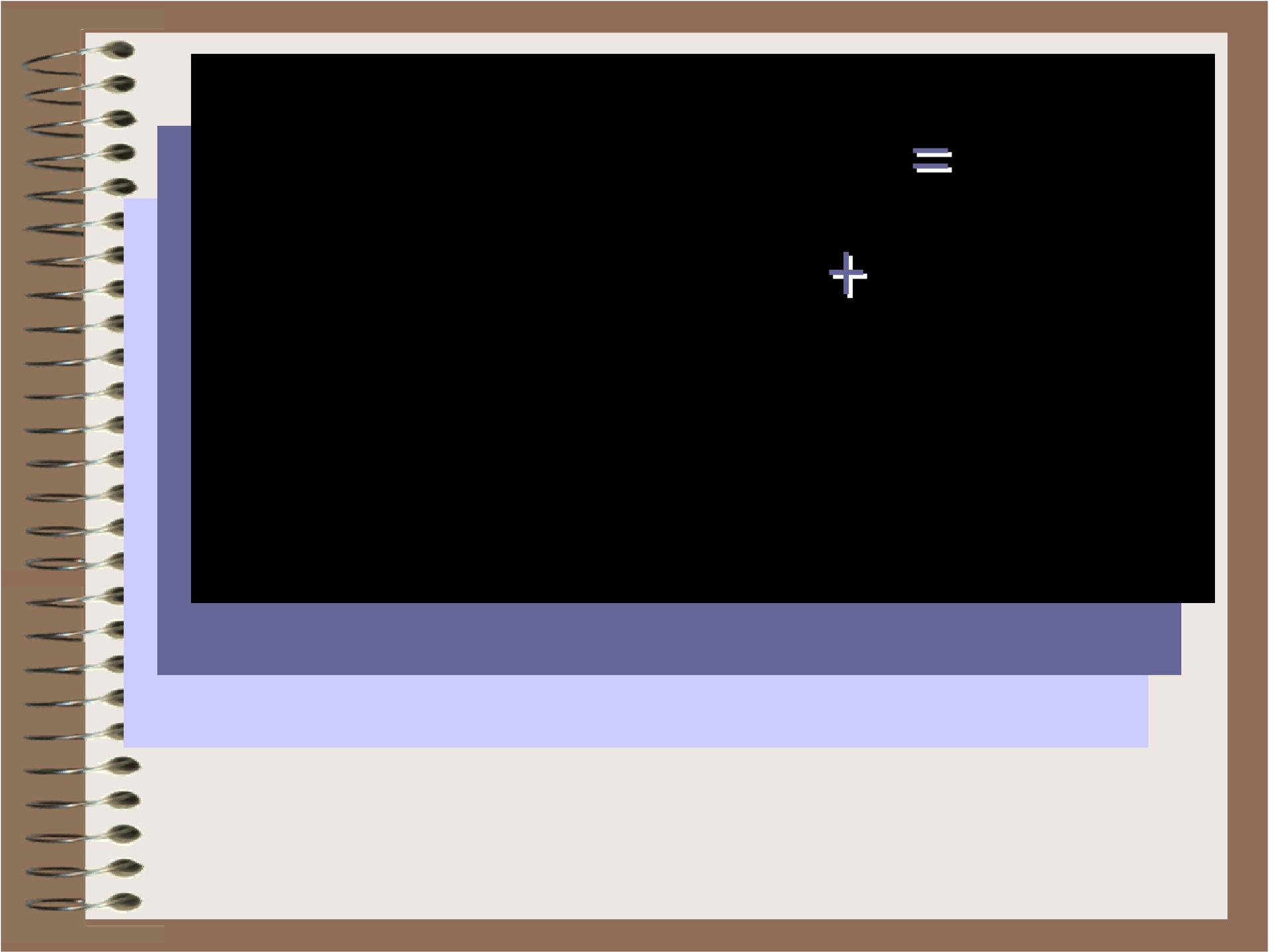
انا



الهدف

عوائق

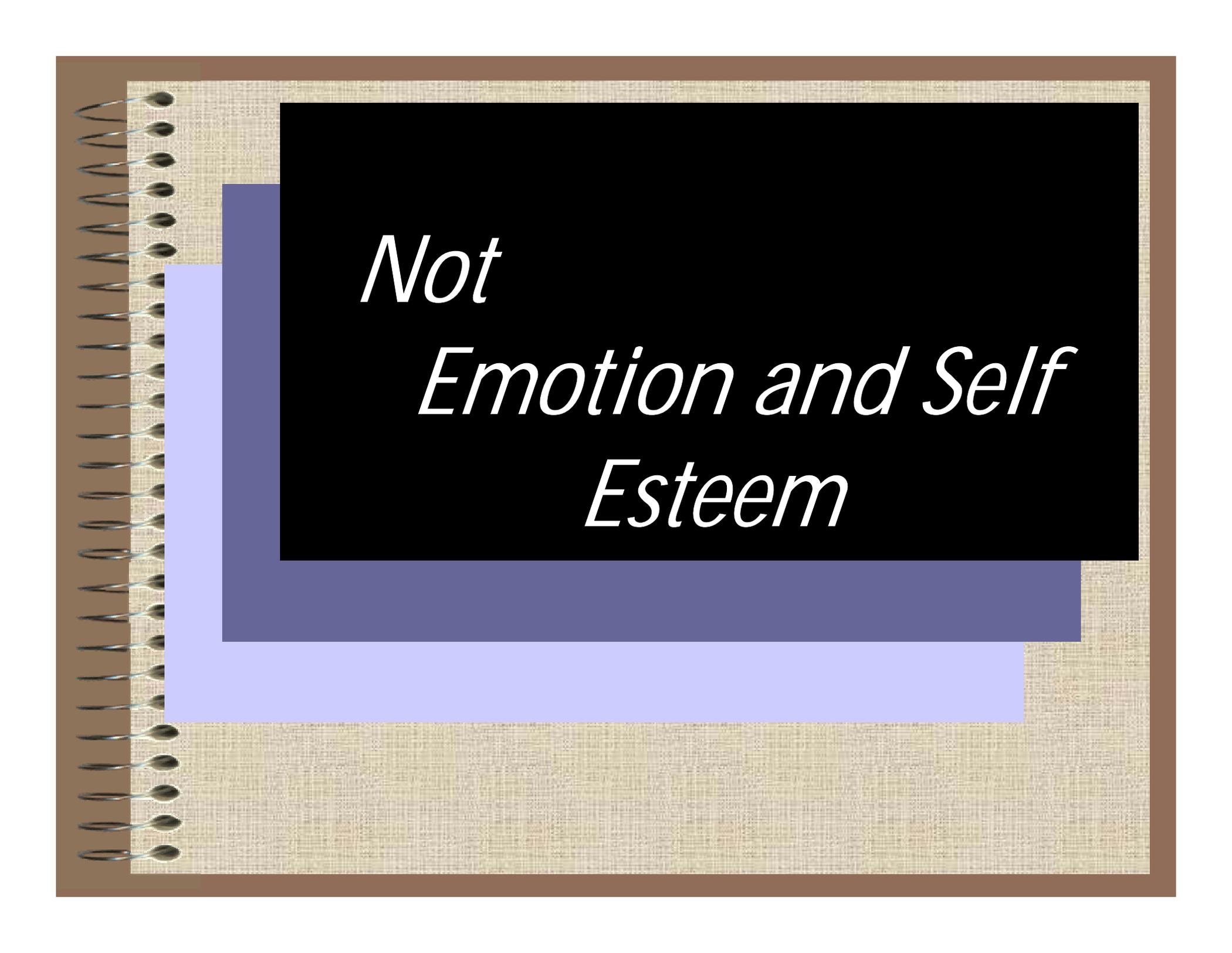




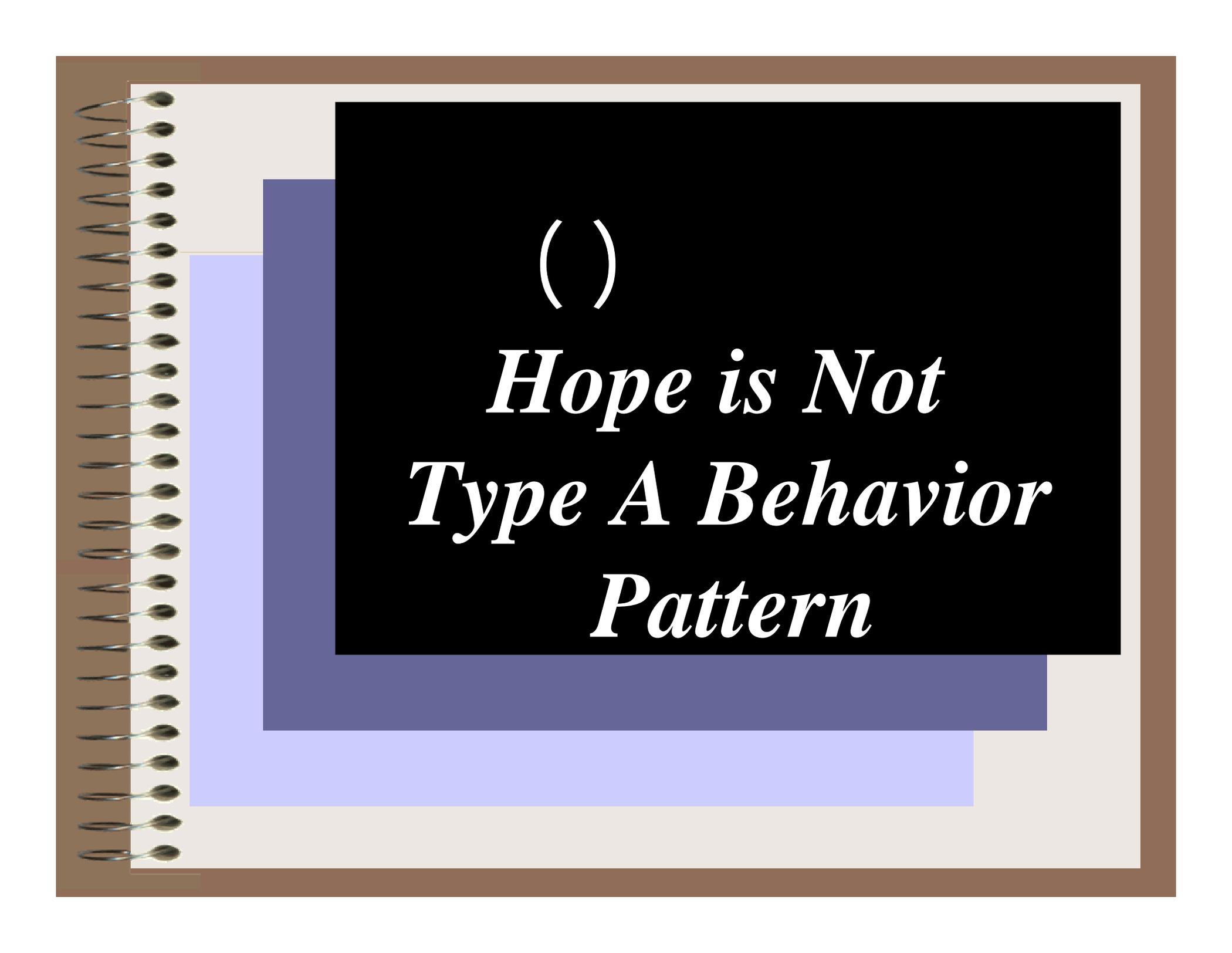
الأمل ليس :-

The image features a spiral-bound notebook with a brown cover and a light-colored, textured fabric-like surface. A silver metal spiral binding is visible on the left side. Overlaid on the notebook is a large black rectangular area containing the text. To the left of this black area are two overlapping vertical bars: a light blue one in front and a darker blue one behind it. Below the black area is a horizontal bar that is light blue on the left and darker blue on the right, matching the vertical bars.

*Hope not
learned optimism*

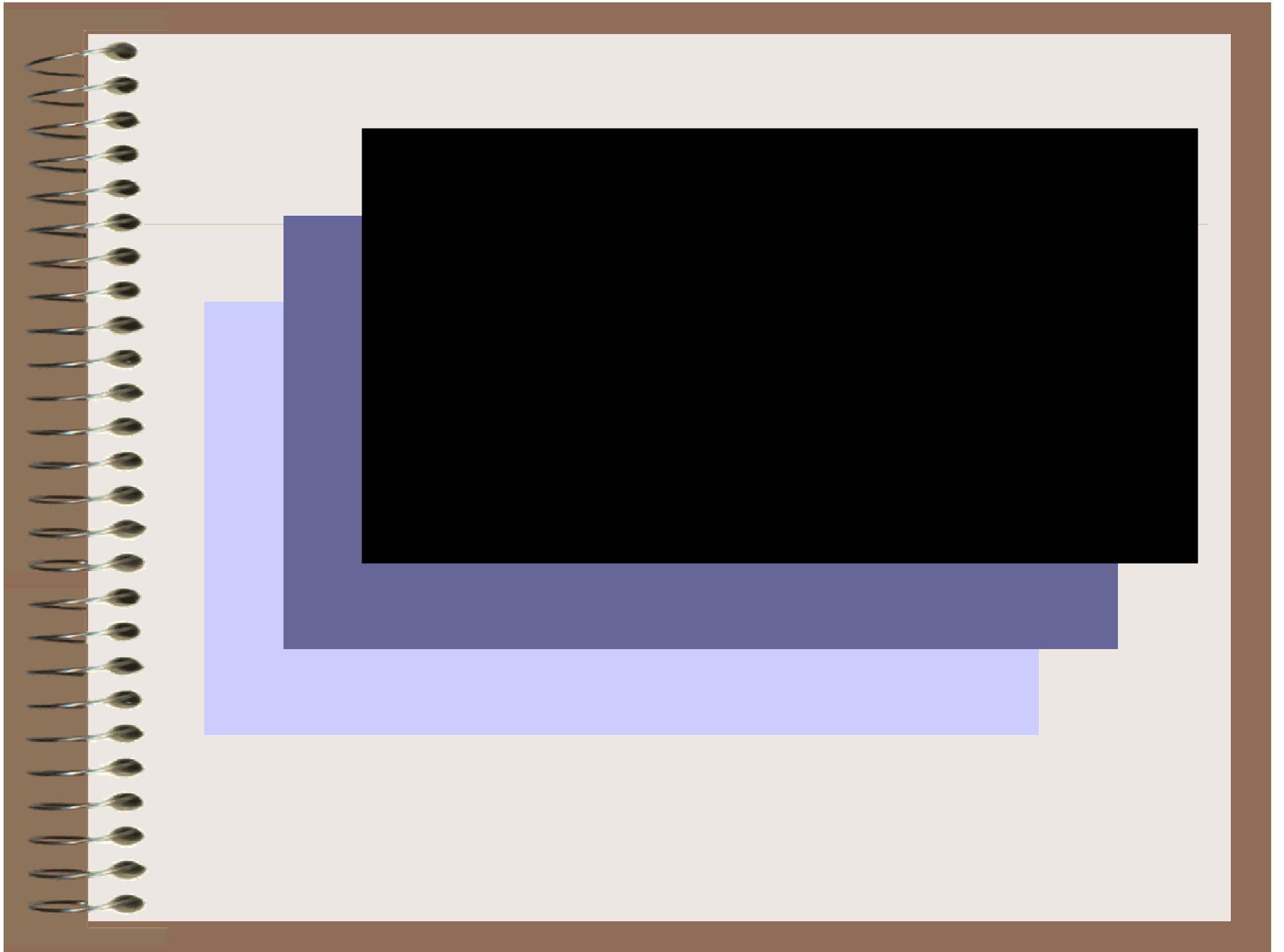
The image features a spiral-bound notebook with a brown cover and a light-colored, textured fabric-like surface. A black rectangular box is positioned in the upper right quadrant, containing the text "Not Emotion and Self Esteem" in a white, italicized serif font. To the left of this box, there are two overlapping purple rectangular bars: a lighter purple bar on top and a darker purple bar below it, both extending from the left edge towards the right. The notebook's metal spiral binding is visible on the left side.

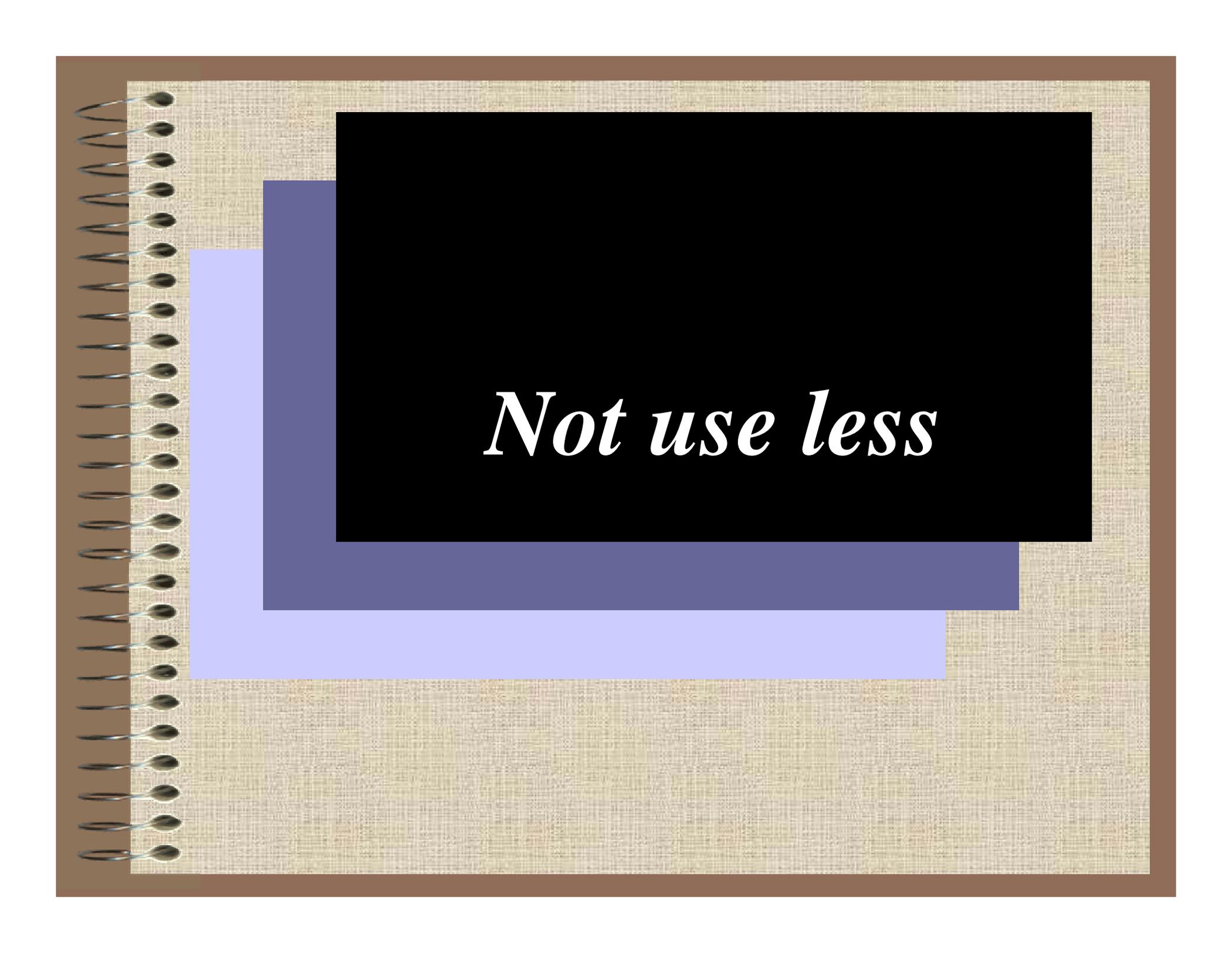
*Not
Emotion and Self
Esteem*



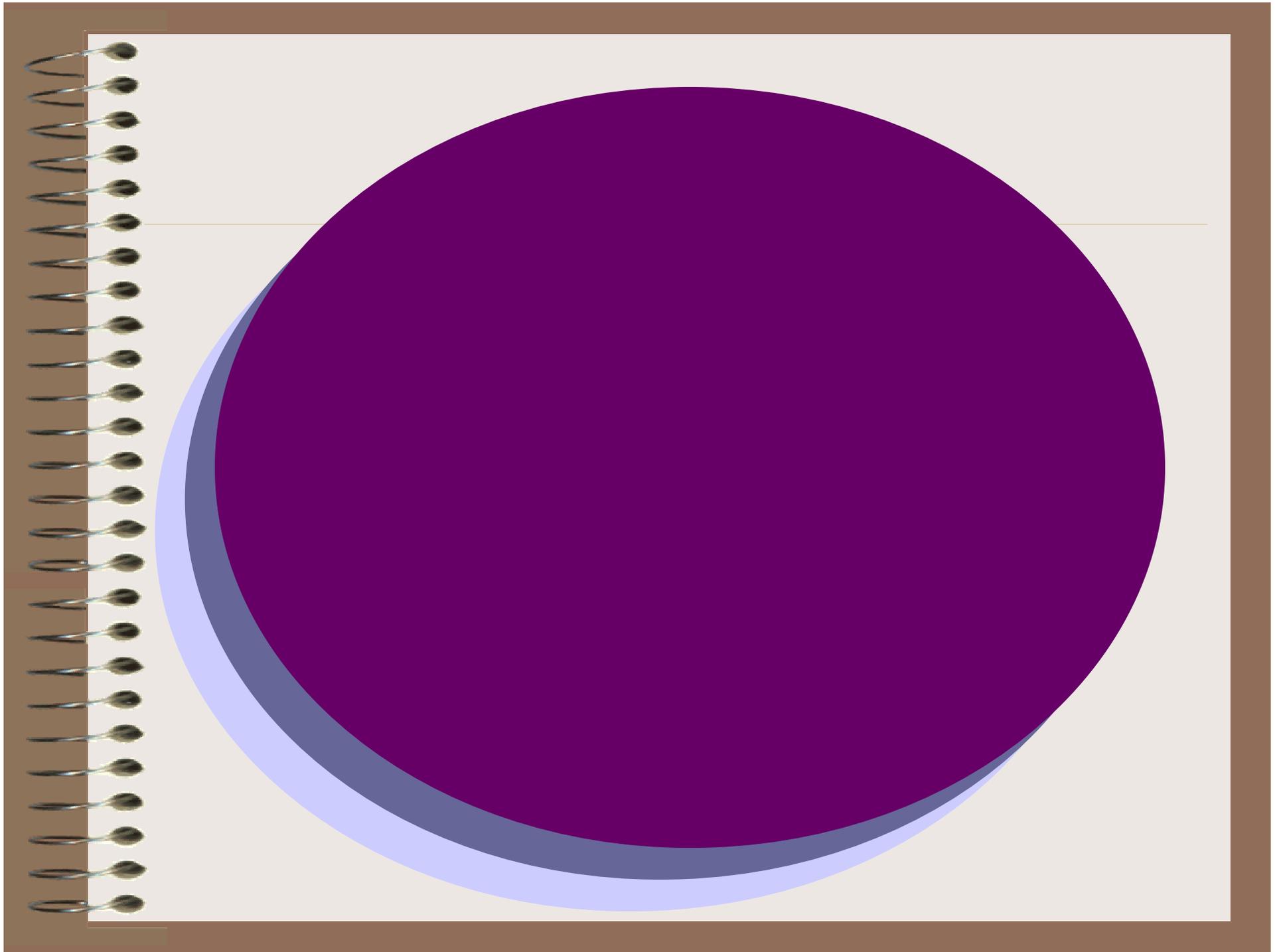
()

*Hope is Not
Type A Behavior
Pattern*



The image features a spiral-bound notebook with a light-colored, textured cover. A silver metal spiral binding is visible on the left side. Overlaid on the notebook is a large black rectangular box containing the text "Not use less" in a white, italicized serif font. To the left of the black box are two vertical purple bars of different heights. Below the black box is a horizontal blue bar, and below that is a horizontal light purple bar. The entire composition is set against a dark brown background.

Not use less



hope therapy

Snyder " "

Jerome Frank

