

The Hope Scale

Please read each item carefully. Using the scale shown below, please select the number that best describes you and put that number in the space provided.

Definitely True								
Mostly True								
Somewhat True								
Slightly True								
Slightly False								
Somewhat False								
Mostly False								
Definitely False								

1. I can think of many ways to get out of a jam. -----	①	②	③	④	⑤	⑥	⑦	⑧
2. I energetically pursue my goals.-----	①	②	③	④	⑤	⑥	⑦	⑧
3. I feel tired most of the time.-----	①	②	③	④	⑤	⑥	⑦	⑧
4. There are lots of ways around any problem.-----	①	②	③	④	⑤	⑥	⑦	⑧
5. I am easily downed in an argument.-----	①	②	③	④	⑤	⑥	⑦	⑧
6. I can think of many ways to get the things in life that are most important to me.-----	①	②	③	④	⑤	⑥	⑦	⑧
7. I worry about my health.-----	①	②	③	④	⑤	⑥	⑦	⑧
8. Even when others get discouraged, I know I can find a way to solve the problem.-----	①	②	③	④	⑤	⑥	⑦	⑧
9. My past experiences have prepared me well for my future.-----	①	②	③	④	⑤	⑥	⑦	⑧
10. I've been pretty successful in life.-----	①	②	③	④	⑤	⑥	⑦	⑧
11. I usually find myself worrying about something.-----	①	②	③	④	⑤	⑥	⑦	⑧
12. I meet the goals that I set for myself.-----	①	②	③	④	⑤	⑥	⑦	⑧

Agency: _____

Add Scores on items: 2, 9, 10 and 12. Scores range from a 4 to a 32. Higher scores reflect higher agency.

Pathways: _____

Add scores on items: 1, 4, 6 and 8. . Scores range from a 4 to a 32. Higher scores reflect higher pathways thinking.

Total Hope Score: _____ (Add Score for Pathways to the Score for Agency)

Scores of 40 – 48 are hopeful, 48 – 56 moderately hopeful, and 56 or higher as high hope.