

# THE ADULT HOPE SCALE

**DIRECTIONS:** Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU, and put that number in the blank provided. There are no right or wrong answers.

- 1 = Definitely False
- 2 = Mostly False
- 3 = Somewhat False
- 4 = Slightly False
- 5 = Slightly True
- 6 = Somewhat True
- 7 = Mostly True
- 8 = Definitely True

- \_\_\_\_\_ 1. I can think of many ways to get out of a jam.
- \_\_\_\_\_ 2. I energetically pursue my goals.
- \_\_\_\_\_ 3. There are lots of ways around any problem.
- \_\_\_\_\_ 4. I can think of many ways to get the things in life that are important to me.
- \_\_\_\_\_ 5. Even when others get discouraged, I know I can find a way to solve the problem.
- \_\_\_\_\_ 6. My past experiences have prepared me well for my future.
- \_\_\_\_\_ 7. I've been pretty successful in life.
- \_\_\_\_\_ 8. I meet the goals that I set for myself.

## FIND YOUR HOPE SCORE

The Agency Subscale score is found by adding together items 2, 6, 7, and 8; the Pathway Subscale score is found by adding items 1, 3, 4, and 5. The total Hope Scale score is found by adding the four Agency and the four Pathways items together.

\_\_\_\_\_ **Agency Subscale** (add items 2, 6, 7, and 8)

\_\_\_\_\_ **Pathway Subscale** (add items 1, 3, 4, and 5)

\_\_\_\_\_ **Total Hope Score** (Add Agency and Pathways subscales together)

