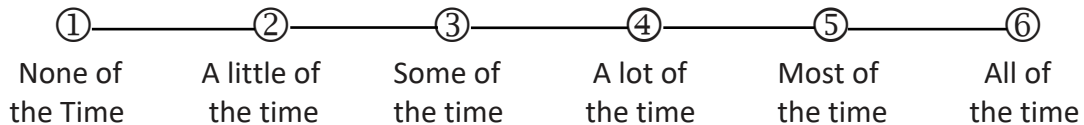


# THE CHILDREN'S HOPE SCALE

**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. I think I am doing pretty well.
- \_\_\_\_\_ 2. I can think of many ways to get the things in life that are most important to me.
- \_\_\_\_\_ 3. I am doing just as well as other kids my age.
- \_\_\_\_\_ 4. When I have a problem, I can come up with lots of ways to solve it.
- \_\_\_\_\_ 5. I think the things I have done in the past will help me in the future.
- \_\_\_\_\_ 6. Even when others want to quit, I know that I can find ways to solve the problem.

## SCORING

You can find your Hope score by following these directions. The Agency score is found by adding together items 1, 3 and 5. The Pathway score is found by adding items 2, 4, and 6. The Total Hope score is found by adding the three Agency and the three Pathways scores together.

\_\_\_\_\_ **Agency Score** (add items 1, 3 and 5)

\_\_\_\_\_ **Pathway Score** (add items 2, 4, and 6)

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

