

The Hope Scale

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.

- 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. I have enough energy and feel alert most of the time.
- ___ 4. There are lots of ways around any problem.
- ___ 5. I hold my own in an argument.
- ___ 6. I can think of many ways to get the things in life that are important to me.
- ___ 7. I do not feel particularly worried about my health.
- ___ 8. Even when others get discouraged, I know I can find a way to solve the problem.
- ___ 9. My past experiences have prepared me well for my future.
- ___ 10. I've been pretty successful in life.
- ___ 11. I am not a worrier.
- ___ 12. I meet the goals that I set for myself.

Total Score: _____

There is no official scoring for this assessment. If you are worried about your level of hopefulness, help is available.

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