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.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Definitely False** | **Mostly False** | **Somewhat False** | **Slightly False** | **Slightly True** | **Somewhat True** | **Mostly True** | **Definitely True** |
| **j** | **k** | **l** | **m** | **n** | **o** | **p** | **q** |

|  |  |  |
| --- | --- | --- |
|  | 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 most important to me. |
|  |  |  |
|  | 5. | Even when others get discouraged, I know I can find a way to solve my 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. |

**Scoring Hope: Total Hope Scores range from a low of 8 to high of 64.**

|  |  |  |
| --- | --- | --- |
| Pathways Score: | Add items 1, 3, 4, and 5 |  |
|  |  |  |
| Willpower Score: | Add items 2, 6, 7, and 8 |  |
|  |  |  |
| Total Hope Score: | Add all 8 items. |  |
|  |  |  |

**Grouping Scores Into Categories:**

|  |  |  |
| --- | --- | --- |
| **Category:** |  | **Total Hope** **Score Range** |
|  Low Hope |  | 8 to 16 |
|  Slight Hope |  | 17 to 39 |
|  Moderate Hope |  | 40 to 55 |
|  High Hope |  | 56 to 64 |

Snyder, C. R., Harris, C., Anderson, J. R., Holeran, S. A., Irving, L. M., Sigmon, S. T., et al. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology, 60,* 570-585.