

The (Hope) Future Scale

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

5=Slightly True

2=Mostly False

6=Somewhat True

3=Somewhat False

7=Mostly True

4=Slightly False

8=Definitely True

- 1. I can think of many ways to get out of a jam.
 - 2. I energetically pursue my goals.
 - 3. I fell tired most of the time.
 - 4. There are lots of ways around any problem.
 - 5. I am easily downed in an argument.
 - 6. I can think of many ways to get the things in life that are most important to me.
 - 7. I worry 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 usually find myself worrying about something.
 - 12. I meet the goals that I set for myself.
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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)

Add the agency and pathway scores. Scores of 40 – 48 are hopeful, 48 – 56 moderately hopeful, and 56 or higher as high hope.

Snyder, C.R., Harris, C., Anderson, J.R., Holleran, S.A., Irving, L.M., Sigmon, S.T., &... Harney, P. (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.

Hellman, C. M., Pittman, M. K., & Munoz, R. T. (2014). The first twenty years of the will and the ways: An examination of score reliability distribution on Snyder's dispositional hope scale. *Journal of Happiness Studies*, 14, 723-729.