

## 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

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 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.

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.