

Adult Hope Survey

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. There are no right or wrong answers.

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..... **1 2 3 4 5 6 7 8**
2. I energetically pursue my goals..... **1 2 3 4 5 6 7 8**
3. I feel tired most of the time..... **1 2 3 4 5 6 7 8**
4. There are lots of ways around any problem..... **1 2 3 4 5 6 7 8**
5. I am easily downed in an argument..... **1 2 3 4 5 6 7 8**
6. I can think of many ways to get the things in life that are important to me..... **1 2 3 4 5 6 7 8**
7. I worry about my health..... **1 2 3 4 5 6 7 8**
8. Even when others get discouraged, I know I can find a way to solve the problem..... **1 2 3 4 5 6 7 8**
9. My past experiences have prepared me well for my future..... **1 2 3 4 5 6 7 8**
10. I've been pretty successful in life..... **1 2 3 4 5 6 7 8**
11. I usually find myself worrying about something..... **1 2 3 4 5 6 7 8**
12. I meet the goals that I set for myself..... **1 2 3 4 5 6 7 8**

___ willpower score + ___ pathways score = ___ total hope score
(2, 9, 10, 12) (1, 4, 6, 8)