## Worksheet 3.4  The Adult Trait Hope Scale (Snyder et al., 1991)

**Directions:** Read each item carefully. Using the scale shown below, please circle the number next to each item that best describes YOU.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitely False</td>
<td>Mostly False</td>
<td>Slighty False</td>
<td>Slighty True</td>
<td>Somewhat True</td>
<td>Mostly True</td>
<td>Definitely True</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. I can think of many ways to get out of a jam
2. I energetically pursue my goals
3. I feel 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 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

### Scoring Information

**Pathways subscale score:** Add items 1, 4, 6, and 8. Scores on this subscale can range from 4 to 32, with higher scores indicating higher levels of pathways thinking.

**Agency subscale score:** Add items 2, 9, 10, and 12. Scores on this subscale can range from 4 to 32, with higher scores indicating higher levels of agency thinking.

**Total hope score:** Add the pathways and Agency subscales together. Scores can range from 8 to 64, with higher scores representing higher hope levels.

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