Worksheet 3.5  The Adult State Hope Scale (Snyder et al., 1996)

Read each item carefully. Using the scale shown below, please select the number that best describes *how you think about yourself right now* and put that number in the blank before each sentence. Please take a few moments to focus on yourself and what is going on in *your life at this moment*. Once you have this “here and now” set, go ahead and answer each item according to the following scale:

<table>
<thead>
<tr>
<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>Somewhat False</td>
<td>Slightly False</td>
<td>Slightly True</td>
<td>Somewhat True</td>
<td>Mostly True</td>
<td>Definitely True</td>
</tr>
</tbody>
</table>

_____ 1. If I should find myself in a jam, I could think of many ways to get out of it
_____ 2. At the present time, I am energetically pursuing my goals
_____ 3. There are lots of ways around any problem that I am facing now
_____ 4. Right now, I see myself as being pretty successful
_____ 5. I can think of many ways to reach my current goals
_____ 6. At this time, I am meeting the goals that I have set for myself

**Scoring information**

**Pathways subscale score:** Add items 1, 3, and 5. Scores on this subscale can range from 3 to 24, with higher scores indicating higher levels of pathways thinking.

**Agency subscale score:** Add items 2, 4, and 6. Scores on this subscale can range from 3 to 24, with higher scores indicating higher levels of agency thinking.

**Total hope score:** Add the pathways and Agency subscales together. Scores can range from 6 to 48, with higher scores representing higher hope levels.

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