

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:

1	2	3	4	5	6	7	8
Definitely False	Mostly False	Somewhat False	Slightly False	Slightly True	Somewhat True	Mostly True	Definitely True

- _____ 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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