

Worksheet 3.6 The Domain Specific Hope Scale (Simpson, 1999)

Please take a moment to contemplate each of the following life areas before you answer the questions in each section. If a particular question does not apply to you at this time, try to answer it as you would if they did fit your situation (e.g., you don't have a job right now so think of your last job). Using the scale below, select the number that best describes your response to each question.

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

Please take a moment to contemplate your social life. Think about your friendships and acquaintances and how you interact with others. Once you have this in mind, answer the following questions using the scale above.

Social relationships (friendships, casual acquaintances)

- _____ 1. I can think of many ways to make friends
- _____ 2. I actively pursue friendships
- _____ 3. There are lots of ways to meet new people
- _____ 4. I can think of many ways to be included in the groups that are important to me
- _____ 5. I've been pretty successful where friendships are concerned
- _____ 6. Even when someone seems unapproachable, I know I can find a way to break the ice
- _____ 7. My past social experiences have prepared me to make friends in the future
- _____ 8. When I meet someone I want to be friends with, I usually succeed

Academics (school, coursework)

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

Please take a moment to contemplate your academic life. Think about your classes and your coursework. Once you have this in mind, answer the following questions using the scale above.

- _____ 1. I can think of lots of ways to make good grades
- _____ 2. I energetically pursue my school work
- _____ 3. There are lots of ways to meet the challenges of any class
- _____ 4. Even if the course is difficult, I know I can find a way to succeed
- _____ 5. I've been pretty successful in school
- _____ 6. I can think of lots of ways to do well in classes that are important to me
- _____ 7. My past academic experiences have prepared me well for future success
- _____ 8. I get the grades that I want in my classes
- _____ 9. If you read this question, place an X on the line

Romantic relationships

Please take a moment to contemplate your love life. Think about your romantic relationships. Once you have this in mind, answer the following questions using the scale above.

- _____ 1. I can think of many ways to get to know someone I am attracted to
- _____ 2. When I am interested in someone romantically, I actively pursue him or her
- _____ 3. There are lots of ways to convince someone to go out with me
- _____ 4. I can think of many ways to keep someone interested in me when they are important
- _____ 5. I've been pretty successful in my romantic relationships
- _____ 6. Even when someone doesn't seem interested, I know I can find a way to get their attention
- _____ 7. My past romantic relationships have prepared me well for future involvements
- _____ 8. I can usually get a date when I set my mind to it

Family life

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

Please take a moment to contemplate your family life. Think about your family members. Once you have this in mind, answer the following questions using the scale above.

- _____ 1. I can think of lots of things I enjoy doing with my family
- _____ 2. I energetically work on maintaining family relationships
- _____ 3. I can think of many ways to include my family in things that are important to me
- _____ 4. If you read this question, place an X on the line
- _____ 5. I have a pretty successful family life
- _____ 6. Even when we disagree, I know my family can find a way to solve our problems
- _____ 7. I have the kind of relationships that I want with family members
- _____ 8. There are lots of ways to communicate my feelings to family members
- _____ 9. My experiences with my family have prepared me for a family of my own

Work

Please take a moment to contemplate your working life. Think about your job and job history. Once you have this in mind, answer the following questions using the scale above.

- _____ 1. I can think of many ways to find a job
- _____ 2. I am energetic at work
- _____ 3. There are lots of ways to succeed at work
- _____ 4. Even if it's a lousy job, I can usually find something good about it
- _____ 5. I have a good work record
- _____ 6. My previous work experiences have helped prepare me for future success
- _____ 7. I can always find a job if I set my mind to it
- _____ 8. I can think of lots of ways to impress my boss if the job is important to me.

Leisure activities

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

Please take a moment to contemplate your leisure time. Think about the activities that you enjoy doing in your spare time. For some this may be sports or music or art. Once you have this in mind, answer the following questions using the scale above.

- _____ 1. I can think of many satisfying things to do in my spare time
- _____ 2. I energetically pursue my leisure time activities
- _____ 3. If my planned leisure time activities fall through, I can find something else to do that I enjoy
- _____ 4. I can think of lots of ways to make time for the activities that are important to me
- _____ 5. Even if others don't think my activities are important, I still enjoy doing them
- _____ 6. My experiences with hobbies and other leisure time activities are important to my future
- _____ 7. I have satisfying activities that I do in my leisure time
- _____ 8. When I try to perform well in leisure time activities, I usually succeed

Scoring information

Domain specific hope scores are obtained by summing the eight items within each domain. Scores can range from 8 to 64, with higher scores indicating higher levels of hope within each domain.

Total domain specific hope can be tallied by adding the scores from each of the 6 domains. Scores can range from 48 to 384, with higher scores indicating higher levels of total hope across domains.

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