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

1 2 3 4 5 6 7 8 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 most 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 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

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.