

**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.

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 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.

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