

Snyder Hope Scale

Directions: Read each item carefully. Using the scale below, please select the number that best describes you and put that number in the blank provided.

1=definitely false 2= mostly false 3=mostly true 4=definitely true

- _____ 1. I energetically pursue my goals.
- _____ 2. I can think of many ways to get out of a jam.
- _____ 3. My past experiences have prepared me well for my future.
- _____ 4. There are lots of ways around any problem.
- _____ 5. I've been pretty successful in life.
- _____ 6. I can think of many ways to get the things in life that are most important to me.
- _____ 7. I meet the goals that I set for myself.
- _____ 8. Even when others get discouraged, I know I can find a way to solve the problem.

Note: For more information about this scale, read Chapter 1, Discovering Hope in the book *The Psychology of Hope* by C.R. Snyder.