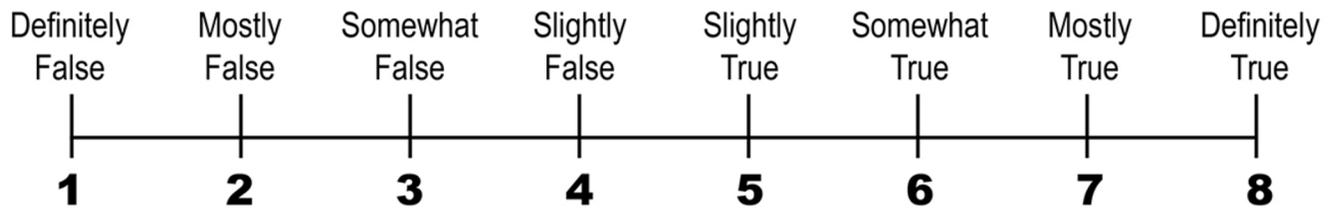


The Adult Hope Scale is not an assessment tool and should be carefully used.

Directions: Read each sentence carefully. For each sentence, please think about how you are in MOST situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.

Check the box next to each TRUE statement



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

The Agency subscale score is the sum of items 2,6,7, & 8.
The Pathways subscale score is the sum of items 1,3,4, & 5.
The Hope score is the sum of Agency + Pathways.

Agency Score: _____ Pathways Score: _____

Total Hope Score is: _____ (Range is 8 to 64)

For more information go to <http://HopeRisingMS.org>



ADULT HOPE SCALE