

# AM I LIVING WITHOUT HOPE?

## TRUE OR FALSE

- 1) *I look forward to the future with hope and enthusiasm.*
- 2) *I might as well give up because there's nothing I can do to make myself better.*
- 3) *When things are going badly, I am helped by knowing that they can't stay that way forever.*
- 4) *I can't imagine what my life would be like in ten years.*
- 5) *I have enough time to accomplish the things I want to do.*
- 6) *In the future, I expect to succeed in what concerns me most.*
- 7) *My future seems dark to me.*
- 8) *I happen to be particularly lucky and I expect to get more good things in life than the average person.*
- 9) *I just don't get the breaks, and there's no reason to believe that I will in the future.*
- 10) *My past experiences have prepared me well for my future.*
- 11) *All I can see ahead of me is unpleasantness, rather than pleasantness.*
- 12) *I don't expect to get what I really want.*
- 13) *When I look ahead to the future, I expect I will be happier than I am now.*
- 14) *Things just won't work out the way I want them to.*
- 15) *I have great faith in the future.*
- 16) *I never get what I want, so its foolish to want anything.*
- 17) *It is very unlikely that I will get real satisfaction in the future.*
- 18) *The future seems vague and uncertain to me.*
- 19) *I can look forward to more good times than bad times.*
- 20) *There is no use in really trying to get something I want because I probably won't get it.*

## BECK'S HOPELESSNESS SCALE

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# SORTING OUT WHERE I AM AT

## SCORING THE TEST

One point is scored each time you answered the questions in the following way:

- |                  |                  |
|------------------|------------------|
| 1) <i>False</i>  | 11) <i>True</i>  |
| 2) <i>True</i>   | 12) <i>True</i>  |
| 3) <i>True</i>   | 13) <i>False</i> |
| 4) <i>True</i>   | 14) <i>True</i>  |
| 5) <i>False</i>  | 15) <i>False</i> |
| 6) <i>False</i>  | 16) <i>True</i>  |
| 7) <i>True</i>   | 17) <i>True</i>  |
| 8) <i>False</i>  | 18) <i>True</i>  |
| 9) <i>True</i>   | 19) <i>False</i> |
| 10) <i>False</i> | 20) <i>True</i>  |

## HOPELESSNESS SCORE

0-3 --- *None or minimal*

4-8 --- *Mild*

9-14 --- *Moderate, may not be in immediate danger, but should consider getting help*

15+ --- *Severe, get help now*