



Take this Hope Assessment as an honest assessment of who you are as a “hope-er”. This is not a Christian Assessment. We are using it as a tool for understanding that can lead us to our need for God as we seek to find our hope in him. This is taken from the Sofia Wellness Clinic.

The Adult Hope Scale

Read each item carefully. Use the 1-8 scale below, please select the number that best describes you and put that number in the blank provide

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|----------------------|---------------------|
| 1 = Definitely False | 5 = Slightly True |
| 2 = Mostly False | 6 = Somewhat True |
| 3 = Somewhat False | 7 = Mostly True |
| 4 = Slightly False | 8 = Definitely True |

1. ____ I can think of many ways to get out of a jam.
2. ____ I energetically pursue my goals.
3. ____ I feel tired most of the time.
4. ____ There are lots of ways around any problem.

5. ____ I am easily downed in an argument.
6. ____ I can think of many ways to get the things in life that are important to me.
7. ____ I worry about my health.
8. ____ Even when others get discouraged, I know I can find a way to solve the problem.
9. ____ My past experiences have prepared me well for my future.
10. ____ I've been pretty successful in life.
11. ____ I usually find myself worrying about something.
12. ____ I meet the goals that I set for myself.

Items 2, 9, 10 and 12 Total _____ This is your Agency Thinking

Items 1, 4, 6 and 8 Total _____ This is your Pathway Thinking

Total Hope Score (Agency + Pathway) = _____

Agency Thinking 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. Agency thinking is the motivation to pursue goals and the belief in one's capacity to achieve desired goals.

Pathways Thinking 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. Pathways thinking is the development of routes to goal achievement and your actual ability to reach goals.

Total Hope Score: Add the Pathways and Agency scores together. Scores can range from 8 to 64, with higher scores representing higher hope levels.

Hope brings us out of depression, anxiety and fear to pursue goals and makes it possible to develop pathways to achieve those goals. These goals can be as simple as determining to listen to a friend without giving advice, or as complex as pursuing a new career path.

As you think about hope and your ability to pursue and achieve goals, what did this assessment reveal about who you are and where you might be stuck?

In light of your assessment, what is one thing you would like to change about yourself so that you can grow in hope?