

Beck Hopelessness Scale

Instructions: The Beck Hopelessness Scale is a self-report scale that was made to assess and measure the level of hopelessness that you're feeling. Please answer each question by selecting TRUE or FALSE based on how you've been feeling for the past week prior to answering this assessment, including today.

Statement	True	False
1. I look forward to the future with hope and enthusiasm	☐	☐
2. I might as well give up because I can't make things better for myself	☐	☐
3. When things are going badly, I am helped by knowing they can't stay that way forever	☐	☐
4. I can't imagine what my life would be like in 10 years	☐	☐
5. I have enough time to accomplish the things I most 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 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 I will in the future	☐	☐
10. My past experiences have prepared me well for the 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 it's foolish to want anything	☐	☐
17. It is very unlikely that I will get any 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's no use in really trying to get something I want because I probably won't get it	☐	☐

*to be written by your psychologist/therapist

Hopelessness score:

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Scoring:

- For items **1, 3, 5, 6, 8, 10, 13, 15, and 19**, FALSE is equal to 1 point, TRUE equals 0 points
- For items **2, 4, 7, 9, 11, 12, 14, 16, 17, 18, and 20**, TRUE is equal to 1 point, FALSE equals 0 points

Score ranges and designations:

Score Range	Designation
0 - 3	None or minimal
4 - 8	Mild
9 - 14	Moderate*
15 - 20	Severe**

**means they might not yet be in immediate danger, but they must be checked on frequently*

***they need support ASAP*