

# 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	<input type="radio"/>	<input type="radio"/>
2. I might as well give up because I can't make things better for myself	<input type="radio"/>	<input type="radio"/>
3. When things are going badly, I am helped by knowing they can't stay that way forever	<input type="radio"/>	<input type="radio"/>
4. I can't imagine what my life would be like in 10 years	<input type="radio"/>	<input type="radio"/>
5. I have enough time to accomplish the things I most want to do	<input type="radio"/>	<input type="radio"/>
6. In the future, I expect to succeed in what concerns me most	<input type="radio"/>	<input type="radio"/>
7. My future seems dark to me	<input type="radio"/>	<input type="radio"/>
8. I expect to get more good things in life than the average person	<input type="radio"/>	<input type="radio"/>
9. I just don't get the breaks, and there's no reason to believe I will in the future	<input type="radio"/>	<input type="radio"/>
10. My past experiences have prepared me well for the future	<input type="radio"/>	<input type="radio"/>
11. All I can see ahead of me is unpleasantness rather than pleasantness	<input type="radio"/>	<input type="radio"/>
12. I don't expect to get what I really want	<input type="radio"/>	<input type="radio"/>
13. When I look ahead to the future, I expect I will be happier than I am now	<input type="radio"/>	<input type="radio"/>
14. Things just won't work out the way I want them to	<input type="radio"/>	<input type="radio"/>
15. I have great faith in the future	<input type="radio"/>	<input type="radio"/>
16. I never get what I want so it's foolish to want anything	<input type="radio"/>	<input type="radio"/>
17. It is very unlikely that I will get any real satisfaction in the future	<input type="radio"/>	<input type="radio"/>
18. The future seems vague and uncertain to me	<input type="radio"/>	<input type="radio"/>
19. I can look forward to more good times than bad times	<input type="radio"/>	<input type="radio"/>
20. There's no use in really trying to get something I want because I probably won't get it	<input type="radio"/>	<input type="radio"/>

\*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*