

# Beck Hopelessness Scale

## BECK HOPELESSNESS SCALE

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.

I look forward to the future with hope and enthusiasm

☐ True ☐ False

I might as well give up because I can't make things better for myself

☐ True ☐ False

When things are going badly, I am helped by knowing they can't stay that way forever

☐ True ☐ False

I can't imagine what my life would be like in 10 years

☐ True ☐ False

I have enough time to accomplish the things I most want to do

☐ True ☐ False

In the future, I expect to succeed in what concerns me most

☐ True ☐ False

My future seems dark to me

☐ True ☐ False

I expect to get more good things in life than the average person

☐ True ☐ False

I just don't get the breaks, and there's no reason to believe I will in the future

☐ True ☐ False

My past experiences have prepared me well for the future

☐ True ☐ False

All I can see ahead of me is unpleasantness rather than pleasantness

☐ True ☐ False

I don't expect to get what I really want

☐ True ☐ False

When I look ahead to the future, I expect I will be happier than I am now

☐ True ☐ False

Things just won't work out the way I want them to

☐ True ☐ False

I have great faith in the future

☐ True ☐ False

I never get what I want so it's foolish to want anything

☐ True ☐ False

It is very unlikely that I will get any real satisfaction in the future

☐ True ☐ False

The future seems vague and uncertain to me

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☐ True    ☐ False

I can look forward to more good times than bad times

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☐ True    ☐ False

There's no use in really trying to get something I want because I probably won't get it

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☐ True    ☐ False

**Hopelessness score:** \_\_\_\_\_