

Herth Hope Index

HERTH HOPE INDEX

Name: _____ Date: _____ dd / mm / yyyy

The Herth Hope Index is a tool used to measure an individual's level of hope. Listed below are a number of statements. Read each statement and select the option that describes how much you agree with that statement right now.

1. I have a positive outlook towards life.

☐ ☐ ☐ ☐

1 2 3 4

2. I have short and/or long range goals.

☐ ☐ ☐ ☐

1 2 3 4

3. I feel all alone.*

☐ ☐ ☐ ☐

1 2 3 4

4. I can see possibilities in the midst of difficulties.

☐ ☐ ☐ ☐

1 2 3 4

5. I have a faith that gives me comfort.

☐ ☐ ☐ ☐

1 2 3 4

6. I feel scared about my future.*

☐ ☐ ☐ ☐

1 2 3 4

7. I can recall happy/joyful times.

☐ ☐ ☐ ☐

1 2 3 4

8. I have deep inner strength.

☐ ☐ ☐ ☐

1 2 3 4

9. I am able to give and receive caring/love.

☐ ☐ ☐ ☐

1 2 3 4

10. I have a sense of direction.

☐ ☐ ☐ ☐

1 2 3 4

11. I believe that each day has potential.

☐ ☐ ☐ ☐

1 2 3 4

12. I feel my life has value and worth.

☐ ☐ ☐ ☐

1 2 3 4

Total score: _____

Scoring involves adding up points from each statement. Items 3 and 6 require reverse scoring. (These are marked by an asterisk*). The maximum possible score on the full scale is 48, with higher scores indicating greater levels of hope.