

# Beck's Hopelessness Inventory

The following is a self-report inventory designed to measure levels of hopelessness. Please answer each question by circling true or false based on how you have been feeling in the past weeks, including today.

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

