# 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.

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| 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 |
| 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.  | True | False |
| I can look forward to more good times than bad times.  | True | False |
| There’s no use in really trying to get something I want because I probably won’t get it  | True | False |