

Beck's Hopelessness Inventory

ANSWER KEY

Count 1 point for each green answer. Add up the points for a total score. See score key below.

- | | |
|---|-------------------|
| 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 |

*Add up your answers that match the **GREEN** answers

Hopelessness Score

0-3 None or minimal

4-8 Mild

9-14 Moderate. May not be in immediate danger, but requires frequent regular monitoring.

15+ Severe. Please reach out for support.



Beautiful Minds Wellness