

**MILLER HOPE SCALE©**

Circle one number for each statement which best describes how much you agree with that statement right now. The numbers refer to:

Very Strongly Disagree	Strongly Disagree	Disagree	Agree	Strongly Agree	Very Strongly Agree
1	2	3	4	5	6

*There are no right or wrong answers.*

- |      |   |   |   |   |   |   |   |
|------|---|---|---|---|---|---|---|
| 1.   | When I ask for help I usually receive it.                   | 1 | 2 | 3 | 4 | 5 | 6 |
| 2.   | I am positive about most aspects of my life.                | 1 | 2 | 3 | 4 | 5 | 6 |
| 3.   | I look forward to an enjoyable future.                      | 1 | 2 | 3 | 4 | 5 | 6 |
| 4.   | I am flexible in facing life's challenges.                  | 1 | 2 | 3 | 4 | 5 | 6 |
| 5.   | There are things I want to do in life.                      | 1 | 2 | 3 | 4 | 5 | 6 |
| 6.   | I am able to set goals I want to achieve.                   | 1 | 2 | 3 | 4 | 5 | 6 |
| 7.   | My life has meaning.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 8.   | I make plans for my own future.                             | 1 | 2 | 3 | 4 | 5 | 6 |
| 9.   | I am able to imagine a positive outcome to most challenges. | 1 | 2 | 3 | 4 | 5 | 6 |
| *10. | Time seems to be closing in on me.                          | 1 | 2 | 3 | 4 | 5 | 6 |
| 11.  | I have energy to do what is important to me.                | 1 | 2 | 3 | 4 | 5 | 6 |
| *12. | I find myself becoming uninvolved with most things in life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13.  | I intend to make the most of life.                          | 1 | 2 | 3 | 4 | 5 | 6 |
| 14.  | I am positive about the future.                             | 1 | 2 | 3 | 4 | 5 | 6 |

Very Strongly Disagree	Strongly Disagree	Disagree	Agree	Strongly Agree	Very Strongly Agree
1	2	3	4	5	6

*There are no right or wrong answers.*

- |      |   |   |   |   |   |   |   |
|------|---|---|---|---|---|---|---|
| *15. | I am not interested in life.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 16.  | I have ability to handle problems.                                      | 1 | 2 | 3 | 4 | 5 | 6 |
| *17. | I feel trapped, pinned down.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 18.  | My personal beliefs help me feel hopeful.                               | 1 | 2 | 3 | 4 | 5 | 6 |
| 19.  | I value my freedom.   | 1 | 2 | 3 | 4 | 5 | 6 |
| 20.  | I spend time planning for the future.                                   | 1 | 2 | 3 | 4 | 5 | 6 |
| 21.  | I am able to accomplish my goals in life.                               | 1 | 2 | 3 | 4 | 5 | 6 |
| 22.  | I am valued for what I am.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 23.  | I have someone who shares my concerns.                                  | 1 | 2 | 3 | 4 | 5 | 6 |
| *24. | I am hopeless about some parts of my life.                              | 1 | 2 | 3 | 4 | 5 | 6 |
| 25.  | I look forward to doing things I enjoy.                                 | 1 | 2 | 3 | 4 | 5 | 6 |
| *26. | It is hard for me to keep up my interest in activities I used to enjoy. | 1 | 2 | 3 | 4 | 5 | 6 |
| *27. | It seems as though all my support has been withdrawn.                   | 1 | 2 | 3 | 4 | 5 | 6 |
| 28.  | I am satisfied with my life.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 29.  | I am needed by others.  | 1 | 2 | 3 | 4 | 5 | 6 |
| *30. | I do not have any inner strengths.                                      | 1 | 2 | 3 | 4 | 5 | 6 |

Very Strongly Disagree	Strongly Disagree	Disagree	Agree	Strongly Agree	Very Strongly Agree
1	2	3	4	5	6

*There are no right or wrong answers.*

31. I know I can get through difficulties.	1	2	3	4	5	6
*32. I will not have good luck in life.	1	2	3	4	5	6
*33. I am so overwhelmed, nothing I do will help.	1	2	3	4	5	6
34. I try hard to do things that are important to me.	1	2	3	4	5	6
35. I feel loved.	1	2	3	4	5	6
36. I try to find meaning in life events.	1	2	3	4	5	6
*37. I am bothered by troubles that prevent my planning for the future.	1	2	3	4	5	6
*38. I feel uninvolved with life.	1	2	3	4	5	6
39. I trust that things will work out.	1	2	3	4	5	6
40. I can find reasons to keep positive about my health.	1	2	3	4	5	6

\* = Reverse score these items

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