

Beck Hopelessness Scale (20items)

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

Manual For The Beck Hopelessness Scale

Huangqi Zhang



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