

Adapted Children's Hope Scale

Record ID _____

The six sentences below describe how children think about themselves and how they do things in general. Read each sentence carefully. For each sentence, please think about how you are in most situations. Select the response that best describes YOU. For example, select "None of the time," if this describes you. Or, if you are this way "All the time," select this option. Please answer every question by selecting one of the response options. There are no right or wrong answers.

1. I think I am doing pretty well.

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

2. I think of many ways to get the things in life that are the most important to me.

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

3. I am doing just as well as other kids my age.

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

4. When I have a problem, I can come up with many ways to solve it.

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

5. I think the things I have done in the past will help me in the future.

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time

6. Even when others want to quit, I know that I can find ways to solve the problem.

- ☐ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time