

# Beck Hopelessness Scale

**Instructions:** The Beck Hopelessness Scale is a self-report scale that was made to assess and measure the level of hopelessness that you're feeling. Please answer each question by selecting TRUE or FALSE based on how you've been feeling for the past week prior to answering this assessment, including today.

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

\*to be written by your psychologist/therapist

**Hopelessness score:**

# Beck Hopelessness Scale Questionnaire

**Anthony S. Fauci**



**Beck Hopelessness Scale Questionnaire:**

The Top Books of the Year Beck Hopelessness Scale Questionnaire The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Beck Hopelessness Scale Questionnaire : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Beck Hopelessness Scale Questionnaire : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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### **Beck Hopelessness Scale Questionnaire Introduction**

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