

Attachment D14

Beck Hopelessness

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V. This section consists of 20 statements. If the statement describes your attitude for the past week including today, put a circle around the **“T” indicating TRUE** in the column next to the statement. If the statement does not describe your attitude, put a circle around the **“F” indicating FALSE** in the column next to the statement. *Please be sure to read each statement carefully.*

		True (1)	False (2)
1	I look forward to the future with hope and enthusiasm.	T	F
2	I might as well give up because there is nothing I can do about making things better for myself.	T	F
3	When things are going badly, I am helped by knowing that they cannot stay that way forever.	T	F
4	I can't imagine what my life will be like in ten years.	T	F
5	I have enough time to accomplish the things I want to do.	T	F
6	In the future, I expect to succeed in what concerns me most.	T	F
7	My future seems dark to me.	T	F
8	I happen to be particularly lucky, and I expect to get more of the good things in life than the average person.	T	F
9	I just can't get the breaks, and there's no reason I will in the future.	T	F
10	My past experiences have prepared me well for the future.	T	F
11	All I can see ahead of me is unpleasantness rather than pleasantness.	T	F
12	I don't expect to get what I really want.	T	F
13	When I look ahead to the future, I expect that I will be happier than I am now.	T	F
14	Things just don't work out the way I want them to.	T	F
15	I have great faith in the future.	T	F
16	I never get what I want, so it's foolish to want anything.	T	F
17	It's very unlikely that I will get any real satisfaction in the future.	T	F

18	The future seems vague and uncertain to me.	T	F
19	I can look forward to more good times than bad times.	T	F
20	There's no use in really trying to get anything I want because I probably won't get it.	T	F

