

Discovering Hope Inventory

WELCOME to the *Discovering Hope Inventory*. The *Discovering Hope Inventory* is a self-report instrument designed to assist you in examining your life in the context of your religious values—specifically in light of the experience of Hope. As you complete the inventory, please circle **one** response for each statement. An explanation of the response choices appears at the top of each page. Sometimes the choices may not seem to fit the way you would like to answer. At those times, please choose the number that seems closest to your response. There are no right or wrong answers, and there is no time limit for completing the inventory, but please respond to **all** the statements.

1 = completely disagree; 2 = strongly disagree; 3 = moderately disagree; 4 = undecided;
5 = moderately agree; 6 = strongly agree; 7 = completely agree

		CD	SD	MD	U	MA	SA	CA
1.	I often sense God’s presence when I am alone.	1	2	3	4	5	6	7
2.	I feel connected to other people.	1	2	3	4	5	6	7
3.	I’m not really sure what I’m doing with my life.	1	2	3	4	5	6	7
4.	God has helped me change the direction of my life.	1	2	3	4	5	6	7
5.	I have many friends.	1	2	3	4	5	6	7
6.	Being hopeful requires some pretending.	1	2	3	4	5	6	7
7.	I prefer groups which have clear rules and structure.	1	2	3	4	5	6	7
8.	I know when I became a Christian.	1	2	3	4	5	6	7
9.	Others have noticed that my faith makes a difference in my life.	1	2	3	4	5	6	7
10.	I put off making decisions.	1	2	3	4	5	6	7
11.	God sustains the world moment by moment.	1	2	3	4	5	6	7
12.	Things happen TO me a lot.	1	2	3	4	5	6	7
13.	I feel discouraged about the future.	1	2	3	4	5	6	7
14.	I am persistent even if things don’t go well the first time.	1	2	3	4	5	6	7

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15. I make decisions based on what others think.	1	2	3	4	5	6	7
16. I sin more than I want to.	1	2	3	4	5	6	7
17. Everything has to be proven to me.	1	2	3	4	5	6	7
18. Sometimes I am too emotionally dependent upon others.	1	2	3	4	5	6	7
19. I'm never lonely.	1	2	3	4	5	6	7
20. What I do with my life is my own business.	1	2	3	4	5	6	7
21. My relationships tend to last a long time.	1	2	3	4	5	6	7
22. My whole life is organized around my faith.	1	2	3	4	5	6	7
23. I'm uncomfortable around people who are having spiritual crises.	1	2	3	4	5	6	7
24. I spend a lot of time worrying about bad things that might happen.	1	2	3	4	5	6	7
25. I am as competent as other persons of my age and training.	1	2	3	4	5	6	7
26. I never worry about death.	1	2	3	4	5	6	7
27. What I believe about God is pretty much the same as it has always been.	1	2	3	4	5	6	7
28. I read the Bible regularly.	1	2	3	4	5	6	7
29. I know that my ideas about God are correct.	1	2	3	4	5	6	7
30. The Bible is always accurate.	1	2	3	4	5	6	7
31. I take good care of myself physically.	1	2	3	4	5	6	7
32. Sometimes I'm sad or angry without knowing why.	1	2	3	4	5	6	7
33. I pray often.	1	2	3	4	5	6	7
34. My opinions are usually mistaken.	1	2	3	4	5	6	7
35. Sometimes events in my life cause me to seriously question what I believe.	1	2	3	4	5	6	7
36. I prefer to be in groups where sharing emotions is appropriate.	1	2	3	4	5	6	7
37. I feel helpless to change anything.	1	2	3	4	5	6	7
38. Jesus is coming again.	1	2	3	4	5	6	7
39. Nothing happens without God's permission.	1	2	3	4	5	6	7
40. I have a hard time getting close to people.	1	2	3	4	5	6	7

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41.	Sometimes I do things I don't understand.	1	2	3	4	5	6	7
42.	I seldom jump to conclusions.	1	2	3	4	5	6	7
43.	Sacred things are hard to talk about.	1	2	3	4	5	6	7
44.	There are times when I experience the presence of God very intensely.	1	2	3	4	5	6	7
45.	I honestly try to let God guide my life.	1	2	3	4	5	6	7
46.	Questions of "right" and "wrong" often confuse me.	1	2	3	4	5	6	7
47.	History always moves toward God's purpose for it.	1	2	3	4	5	6	7
48.	I'm almost always kind to other people.	1	2	3	4	5	6	7
49.	Forgiveness is difficult for me.	1	2	3	4	5	6	7
50.	I long for the way things used to be.	1	2	3	4	5	6	7
51.	God knows me by name.	1	2	3	4	5	6	7
52.	I usually blame things on someone else.	1	2	3	4	5	6	7
53.	I feel uncomfortable if I'm not busy.	1	2	3	4	5	6	7
54.	I think I know what my "spiritual gifts" are.	1	2	3	4	5	6	7
55.	I've had experiences which I really try not to think about.	1	2	3	4	5	6	7
56.	Jesus really rose from the dead.	1	2	3	4	5	6	7
57.	No one is kind without some selfish motive.	1	2	3	4	5	6	7
58.	I don't mind facing the facts.	1	2	3	4	5	6	7
59.	God has a specific purpose for my life.	1	2	3	4	5	6	7
60.	Sometimes it is hard for me to believe in God.	1	2	3	4	5	6	7
61.	The world will just get worse until Jesus comes.	1	2	3	4	5	6	7
62.	Repentance truly changes things.	1	2	3	4	5	6	7
63.	I doubt that God feels good about me.	1	2	3	4	5	6	7
64.	When I find myself questioning my faith, I become frightened.	1	2	3	4	5	6	7
65.	I have a lot of will power.	1	2	3	4	5	6	7
66.	I almost always remember to say "thank you."	1	2	3	4	5	6	7

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67. I liked my life better as it was at some time in the past.	1	2	3	4	5	6	7
68. I rarely panic.	1	2	3	4	5	6	7
69. Most of my friendships are one-sided.	1	2	3	4	5	6	7
70. My faith helps me be less afraid of death.	1	2	3	4	5	6	7
71. I have been "born again."	1	2	3	4	5	6	7
72. I have a hard time making decisions.	1	2	3	4	5	6	7
73. God is like Jesus.	1	2	3	4	5	6	7
74. I'm not sure we can really know what "Truth" is.	1	2	3	4	5	6	7
75. I'm not a very likeable person.	1	2	3	4	5	6	7
76. Jesus is truly God.	1	2	3	4	5	6	7
77. I often feel guilty.	1	2	3	4	5	6	7
78. I stand up for myself.	1	2	3	4	5	6	7
79. People who believe in miracles are mistaken.	1	2	3	4	5	6	7
80. I have chosen to be a Christian knowing that such faith can be costly.	1	2	3	4	5	6	7
81. Sometimes I need to recommit myself to follow Jesus more consistently.	1	2	3	4	5	6	7
82. I have no really close friends.	1	2	3	4	5	6	7
83. The Church is a place of healing.	1	2	3	4	5	6	7
84. I seemed unable to please my parents.	1	2	3	4	5	6	7
85. Anger was appropriately expressed in my childhood family.	1	2	3	4	5	6	7
86. There are some persons whom I hate.	1	2	3	4	5	6	7
87. When I hurt other people, I try to restore our relationship.	1	2	3	4	5	6	7
88. I am uncomfortable with emotions.	1	2	3	4	5	6	7
89. I am lovable, valuable, and capable.	1	2	3	4	5	6	7
90. I am imaginative and creative.	1	2	3	4	5	6	7

Personal Data

1. My Gender is: Male ____ Female ____
2. I was Born in: _____ (the year)
3. My Marital Status is:
Never Married _____ Divorced _____
Married _____ Widowed _____
Separated _____ Other (specify) _____
4. My Ethnic Background is:
Anglo _____ American Indian _____
Black _____ Oriental _____
Hispanic _____ Other (specify) _____
5. My Faith Group or Denomination is: _____
6. The Highest Level of Education I have completed is:
Grades 1-12 (specify highest grade): _____
Vocational or Trade School (specify number of years): _____
College (specify number of years): _____
Post-College (specify number of years): _____