

Just a Thought ...

Have you ever felt hopeless? If you're human - probably yes. Being hopeless sounds pretty depressing. There might be degrees of "hopelessness". The worst could be "There is no use living - goodbye" (as in suicide). The other possibility would be to "give up" and just survive (keep living but strive for nothing). Dr. Aaron Beck back in 1988 created a "Hopelessness Inventory" which I thought was interesting. Since the document is public domain, you go through it & mark true or false (Be honest).

- T F I look forward to the future with hope and enthusiasm. (Pos)
- T F I might as well give up because I can't make things better got myself. (Neg)
- T F When things are going badly, I know they can't stay that way forever. (Pos)
- T F I can't imagine what my life would be like in 10 years. (Neg)
- T F I have enough time to accomplish the things I most want to. (Pos)
- T F In the future, I expect to succeed in what concerns me the most. (Pos)
- T F My future seems dark to me. (Neg)
- T F I expect to get more of the good things in life than the average person. (Pos)
- T F I don't get the breaks, so there's no reason I will in the future. (Neg)
- T F My past experiences have prepared me well for the future. (Pos)
- T F All I can see ahead of me is unpleasantness rather than pleasantness. (Neg)
- T F I don't expect to get what I really want. (Neg)
- T F When I look ahead to the future, I expect I will be happier than I am now. (Pos)
- T F Things just don't work out the way I want them to. (Neg)
- T F I have great faith in the future. (Pos)
- T F I never get what I want so its foolish to want anything. (Neg)
- T F It is very unlikely that I will get any real satisfaction in the future. (Neg)
- T F The future seems vague and uncertain to me. (Neg)
- T F I can look forward to more good times than bad times. (Pos)
- T F There's no use in trying to get something I want; I probably won't get it. (Neg)

I took this inventory too just to be honest with you. I am a Christian missionary who knows that God is in charge of everything & that He will walk with every step of my life journey. Even at that, my score was "Mild Hopelessness".

Notice that there are positive & negative statements. If you put true (T) by a positive statement, that gets a score of "0". If you put true (T) by a negative statement, that gets a score of "1". If you put false (F) by a positive statement, that gets a score of "1". If you put false (F) by a negative statement, the score is "0".

ADD UP YOUR NUMBERS: 0-3 normal hopelessness, 4-8 mild, 9-14 moderate, 15-20 severe hopelessness.

REGARDLESS OF HOW WEAK I AM - GOD IS MY HOPE RIGHT NOW & FOREVER.

CORR Ministries PO Box 1492 Pine Valley, CA 91962

Help from the Bible ...

1. Jeremiah 29:11 "To give you a _____ & a _____."
2. 2 Corinthians 4:18 "We look at the _____ things."
3. Romans 12:12 "Rejoicing in _____."
4. Romans 15:4 "That we might have _____."
5. Psalm 147:11 "_____ in His mercy."
6. Proverbs 23:18 "Your _____ will not be cut off."
7. Psalm 16:9 "Therefore, my heart is _____."
8. Jeremiah 17:7 "You (God) are my _____."
9. Romans 15:13 "Fill you with all _____ & _____."
10. Psalm 62:5-6 "For my _____ is from God."
11. 1 Timothy 4:10 "We trust in the _____ _____."
12. 1 Peter 5:10 "May God strengthen & _____ you."
13. Isaiah 40:31 "_____ their strength."
14. Philippians 1:6 "Being _____ of this very thing."
15. Colossians 3:1-2 "Set mind on things _____."
16. Zephaniah 3:17 "God will _____ you with His love."
17. Romans 8:18 "The glory which will be _____."
18. Revelation 21:4 "God will wipe away all _____."
19. Lamentations 3:21-23 "This I remember - I have _____."
20. Deuteronomy 31:6 "He will not _____ you."