Hoped-for possible selves

The following questions are about your future. Probably everyone thinks about their future to some extent, for example the kinds of experiences that are in store for us and the kinds of people we might possibly become.

Sometimes we may think about the person we hope to be in the future or our hoped for “possible self”. Some of these selves may seem very likely, like “being someone with a healthy lifestyle”, while others may be farfetched but still possible, like “living to be 100”.

We are especially interested in your health-related possible selves. What are the hoped-for possible selves you imagine for yourself at this point in time? Please take a moment to think about who you hope to become with respect to your health.

Please write the three most important hoped-for possible selves that involve your health in the three spaces below with the most important one listed next to the number 1.

1) __________________________________________________________________________
2) __________________________________________________________________________
3) __________________________________________________________________________

Now, thinking about the one most important hoped for possible self that you listed above, please answer the following questions using the scale provided.

To what extent does this possible self describe you now?

| 1 | NOT AT ALL LIKE ME NOW | 2 | A LITTLE LIKE ME NOW | 3 | SOMEWHAT LIKE ME NOW | 4 | VERY MUCH LIKE ME NOW | 5 | DEFINITELY LIKE ME NOW |

How capable do you feel of achieving this possible self in the future?

| 1 | NOT AT ALL CAPABLE | 2 | A LITTLE CAPABLE | 3 | SOMEWHAT CAPABLE | 4 | VERY CAPABLE |

How likely is it that this possible self will be achieved in the future?

| 1 | NOT AT ALL LIKELY | 2 | A LITTLE LIKELY | 3 | SOMEWHAT LIKELY | 4 | VERY LIKELY | 5 | DEFINITELY LIKELY |
In addition to having hoped-for possible selves, we may have images of ourselves in the future that we fear or dread or don’t want to happen. Some of these feared possible selves may seem quite likely, like “becoming ill”, while others may seem quite unlikely like “being someone with AIDS”.

Again, we are especially interested in your health-related possible selves. What are the feared or unwanted possible selves that you imagine for yourself at this point in time? Please take a moment to think about who you fear you may become with respect to your health.

Please write the **three most important** feared possible selves that involve your health in the three spaces below with the most important one listed next to the number 1.

1) __________________________________________________________________________
2) __________________________________________________________________________
3) __________________________________________________________________________

Now, thinking about the **one most important** feared possible self that you listed above, please answer the following questions using the scale provided.

**To what extent does this possible self describe you now?**

<table>
<thead>
<tr>
<th></th>
<th>1 NOT AT ALL LIKE ME NOW</th>
<th>2 A LITTLE LIKE ME NOW</th>
<th>3 SOMEWHAT LIKE ME NOW</th>
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<th>5 DEFINITELY LIKE ME NOW</th>
</tr>
</thead>
</table>

**How capable do you feel of avoiding this possible self in the future?**

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<th></th>
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<th>3 SOMEWHAT CAPABLE</th>
<th>4 VERY CAPABLE</th>
<th>5 DEFINITELY CAPABLE</th>
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**How likely is it that this possible self will be avoided in the future?**

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