

MEASURING OPTIMISM

AM I AN OPTIMISTIC PERSON?



QUESTIONS

1. When faced with difficulty, I always think all will be all right in the end.



2. I can easily relax.



3. If anything can go wrong with me, it will go wrong.



4. I am always optimistic about my future.



5. I like my friends a lot.



6. I find important to be busy.



7. In general, I don't expect things will work out for me.



8. I don't get annoyed very easily.



9. I don't expect good things will happen to me.



10. In general, I expect that more good things will happen to me than bad things.



INTERPRETATION

1. Add the points from questions 1, 4 and 10 for e.g. 5 + 5 + 5, or 5 + 3 + 2...

2. For questions 3, 7 and 9, subtract the points from 6 for e.g. (6 - 5 points) + (6 - 4 points) + 6 - 3 points)

3. Sum the total points (from questions 1, 4, 10 + 3, 7 and 9)

%	score	65	26
10	17	65	26
20	20	75	27
35	22	85	28
45	24	95	30
55	25		

Results

- < 22 pontos: Lower than average level of optimism
- Between 24 and 26: optimistic
- > 27: Highly optimistic