Test Your Optimism (Life Orientation Test)

Michael F. Scheier & Charles S. Carver. (1985). Optimism, coping, and health: Assessment and implications of generalized outcome expectancies. *Health Psychology,* 4, 219-247

	Strongly Agree				Strongly Disagree
	A	**B**	**C**	**D**	**E**
1. In uncertain times I usually expect the best.					
2. It's easy for me to relax.					
3. If something can go wrong for me, it will.					
4. I'm always optimistic about my future.					
5. I enjoy my friends a lot.					
6. It's important for me to keep busy.					
7. I hardly ever expect things to go my way.					
8. I don't get upset too easily.					
9. I rarely count on good things happening to me.					
10. Overall, I expect more good things to happen to me than bad.					

Calculate your score:

- Ignore your answers to questions 2, 5, 6 and 8. These are fillers!
- For questions 1, 4 and 10 : **A** gets 4 points, **B** gets 3, **C** gets 2, **D** 1, **E** 0. Subtotal: ____
- For questions 3, 7 and 9: **A** gets 0 points, **B** gets 1, **C** gets 2, **D** 3, **E** 4. Subtotal: ____

Add the two subtotals above: _____. This is your optimism score. On a scale of 0 to 24, 0 is extreme pessimism, 24 extreme optimism. On average, most people score 15 – slightly optimistic!