



Optimism and pessimism are two different outlooks on life that dictate how we deal with most situations and also our expectations of the world.

Think of optimism as on a sliding scale, from being extremely optimistic to being very low on optimism. This short questionnaire looks at where you are on this sliding scale. It may well confirm what you already know, but it may also provide you with an opportunity to modify your outlook to improve your overall wellbeing including how you react to change in life and at work.

Please be as honest and accurate as you can answering each question. There are no "correct" or "incorrect" answers, just answer according to your own feelings, rather than how you think "most people" would answer.

Tick the ☐ that **most** closely relates to your usual belief or feeling.

The scoring for your answers will be provided during the workshop and whilst all personal results will be confidential, there will be a brief general discussion relating optimism and reacting to change.

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

LOT-R (Life Orientation Test-Revised)

"A pessimist sees the difficulty in every opportunity, an optimist sees the opportunity in every difficulty".
Winston Churchill

How to mark your questionnaire:

There are **three** sections to this assessment, read the question number carefully and then put the appropriate score next to the answer on your questionnaire.

Section 1: Add together the answers and put the score in the 1st sub-total box

Section 2: Questions are not scored

Section 3: Add together the answers and put the score in the 2nd sub-total box

Note: The scoring for section 3 is reversed

Now add together the two sub-totals to get your personal optimism rating.

Question Numbers

	Disagree Strongly	Disagree	Neutral	Agree	Agree Strongly
Section 1					
1					
4	0	1	2	3	4
10					
					Sub-total 1
Section 2	The scores for the following four questions are NOT included in the total so all score zero				
2					
5	0	0	0	0	0
6					
8					
Section 3	Disagree Strongly	Disagree	Neutral	Agree	Agree Strongly
3					
7	4	3	2	1	0
9					

Sub-total 2

Add sub-totals 1 and 2 together: TOTAL =

This optimism scale was developed to assess individual differences in generalised optimism versus pessimism and has been used in considerable research on the behavioural, emotional and health consequences of the optimism/pessimism outlook or attitude.

The maximum score possible is 24:

So what does your score tell you about your level of optimism? It is likely that it has re-affirmed what you already knew, but now you have an opportunity to understand how it can also influence aspects of your health, wellbeing and importantly how you respond to change.

YOUR SCORES

19 - 24	You have a high level of optimism
14 - 18	You have a moderate level of optimism
0 - 13	You have a low level of optimism