

## 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!

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