

The project you are in charge of is a great success.

1 I kept a close watch over everyone's work.

0 Everyone devoted a lot of time and energy to it.

2. You and your spouse (boyfriend/girlfriend) make up after a fight.

0 I forgave him/her.

1 I'm usually forgiving.

3. You get lost driving to a friend's house.

1 I missed my turn.

0 My friend gave me bad directions.

4. Your spouse (boyfriend/girlfriend) surprises you with a gift.

0 He/she just got a raise at work.

1 I took him/her out to a special dinner the night before.

5. You forget your spouse's (boyfriend's/girlfriend's) birthday.

1 I'm not good at remembering birthdays.

0 I was preoccupied with other things.

6. You get a flower from a secret admirer.

0 I am attractive to him/her.

1 I am a popular person.

7. You run for a community office position and win.

0 I devote a lot of time and energy to campaigning.

1 I work very hard at everything I do.

8. You miss an important engagement.

1 Sometimes my memory fails me.

0 I sometime forget to check my appointment book.

9. You run for a community office position and you lose.

1 I didn't campaign hard enough.

0 The person who won knew more people.

10. You host a successful dinner.

0 I was particularly charming that night.

1 I am a good host.

11. You stop a crime by calling the police.

0 A strange noise caught my attention.

1 I was alert that day.

12. You were extremely healthy all year.

0 Few people around me were sick, so I wasn't exposed.

1 I made sure I ate well and got enough rest.

13. You owe the library ten dollars for an overdue book.

1 When I am really involved in what I am reading, I often forget when it is due.

0 I was so involved in writing the report that I forgot to return the book.

14. Your stocks make you a lot of money.

0 My broker decided to take on something new.

1 My broker is a top-notch investor.

15. You win an athletic contest.

0 I was feeling unbeatable.

1 I train hard.

16. You fail an important examination.
 1 I wasn't as smart as the other people taking the exam.
 0 I didn't prepare for it well.
17. You prepared a special meal for a friend and he/she barely touched the food.
 1 I wasn't a good cook.
 0 I made the meal in a rush.
18. You lose a sporting event for which you have been training for a long time.
 1 I'm not very athletic.
 0 I'm not good at that sport.
19. Your car runs out of gas on a dark street late at night.
 1 I didn't check to see how much gas was in the tank.
 0 The gas gauge was broken.
20. You lose your temper with a friend.
 1 He/she is always nagging me.
 0 He/she was in a hostile mood.
21. You are penalized for not returning your income-tax form on time.
 1 I always put off doing my taxes.
 0 I was lazy about getting my taxes done year.
22. You ask a person out on a date and he/she say no.
 1 I was a wreck that day.
 0 I got tongue-tied when I asked him/her on the date.
23. A game-show host picks you out of the audience to participate in the show.
 0 I was sitting in the right seat.
 1 I looked the most enthusiastic.
24. You are frequently asked to dance at a party.
 1 I am outgoing at parties.
 0 I was in perfect form that night.
25. You buy your spouse (boyfriend/girlfriend) a gift and he/she doesn't like it.
 1 I don't put enough thought into things like that.
 0 He/she has very picky tastes.
26. You do exceptionally well in a job interview.
 0 I felt extremely confident during the interview.
 1 I interview well.
27. You tell a joke and everyone laughs.
 0 The joke was funny.
 1 My timing was perfect.
28. Your boss gives you too little time in which to finish a project, but you get it finished anyway.
 0 I am good at my job.
 1 I am an efficient person.
29. You've been feeling run-down lately.
 1 I never get a chance to relax.
 0 I was exceptionally busy this week.
30. You ask someone to dance and he/she says no.
 1 I am not a good enough dancer.

- 0 He/she doesn't like to dance.
31. You save a person from choking to death.
 0 I know a technique to stop someone from choking.
 1 I know what to do in crisis situations.
32. Your romantic partner wants to cool things off for a while.
 1 I'm too self-centered.
 0 I don't spend enough time with him/her.
33. A friend says something that hurts your feelings.
 1 She always blurts things out without thinking of others.
 0 My friend was in a bad mood and took it out on me.
34. Your employer comes to you for advice.
 0 I am an expert in the area about which I was asked.
 1 I am good at giving useful advice.
35. A friend thanks you helping him/her get through a bad time.
 0 I enjoy helping him/her through tough times.
 1 I care about people.
36. You have a wonderful time at a party.
 0 Everyone was friendly.
 1 I was friendly.
37. Your doctor tells you that you are in good physical shape.
 0 I make sure I exercise frequently.
 1 I am very health conscious.
38. Your spouse (boyfriend/girlfriend) takes you away for a romantic weekend.
 0 He/she needed to get away for a few days.
 1 He/she likes to explore new areas.
39. Your doctor tells you that you eat too much sugar.
 1 I don't pay much attention to my diet.
 0 You can't avoid sugar, it's in everything.
40. You are asked to head an important project.
 0 I just successfully completed a similar project.
 1 I am a good supervisor.
41. You and your spouse (boyfriend/girlfriend) have been fighting a great deal.
 1 I have been feeling cranky and pressured lately.
 0 He/she has been hostile lately.
42. You fall down a great deal while skiing.
 1 Skiing is difficult.
 0 The trails were icy.
43. You win a prestigious award.
 0 I solved an important problem.
 1 I was the best employee.
44. Your stocks are at an all-time low.
 1 I didn't know much about the business climate at the time.
 0 I made a poor choice of stocks.
45. You win the lottery.
 0 It was pure chance.

- 1 I picked the right numbers.
46. You gain weight over the holidays and you can't lose it.
 1 Diets don't work in the long run.
 0 The diet I tried didn't work.
47. You are in the hospital and few people come to visit.
 1 I'm irritable when I am sick.
 0 My friends are negligent about things like that.
 They won't honor your credit card at a store.
- 1 I sometimes overestimate how much money I have.
 0 I sometimes forget to pay my credit-card bill.

Permanent Bad (PmB)

Add up score on items

5, 13, 20, 21, 29, 33, 42, 46

Total of 0 or 1	very optimistic
2 or 3	mod. optimistic
4	average
5 or 6	mod. pessimistic
7 or 8	very pessimistic

Permanent Good (PmG)

Add up score on items

2, 10, 14, 15, 24, 26, 28, 40

Total of 7 or 8	very optimistic
6	mod. optimistic
4 or 5	average
3	mod. pessimistic
0, 1 or 2	very pessimistic

Pervasiveness Bad (PvB)

Add up score on items

8, 16, 17, 18, 22, 32, 44, 48

Total of 0 or 1	very optimistic
2 or 3	mod. optimistic
4	average
5 or 6	mod. pessimistic
7 or 8	very pessimistic

Pervasiveness Good (PvG)

Add up score on items

6, 7, 28, 31, 34, 35, 37, 43

Total of 7 or 8	very optimistic
6	mod. optimistic
4 or 5	average
3	mod. pessimistic
0, 1 or 2	very pessimistic

Personalization Bad (PsB)

Add up score on items

3, 9, 19, 25, 30, 39, 41, 47

Total of 0 or 1	very high self esteem
2 or 3	mod. high self esteem
4	average
5 or 6	mod. low self esteem
7 or 8	very low self esteem

Personalization Good (PsG)

Add up score on items

1, 4, 11, 12, 23, 27, 36, 45

Total of 7 or 8	very optimistic
6	mod. optimistic
4 or 5	average
3	mod. pessimistic
0, 1 or 2	very pessimistic

Overall scores

Add three B's :

PmB

PvB

PsB

Total B

Add three G's:

PmG

PvG

PsG

Total G

Total G minus Total B = Total optimism score

9 or above optimistic across the board

6 to 8 moderately optimistic

3 to 5 average

1 or 2 moderately pessimistic

0 very pessimistic