



Optimism Test



Think of a situation where you want to do your best or achieve something very important to you. When you answer the following questions, please think about how you relate to the situation as you and prepare to approach it. Rate how true each statement is for you.

1

2

3

4

5

6

7

Not at all true of me

Very true of me

Score each field 1 to 7, where 1 means the statement is "not at all true of you," 7 means it is "very true of you," and 2 to 6 is some variant in between. Be sure to enter a rating in every field.

Total the ratings for your score and see what it means in the scale below.

I often start out expecting the worst, even though I will probably do OK.

I worry about how things will turn out.

I carefully consider all the possible outcomes.

I often worry that I won't be able to carry through my intentions.

I spend lots of time imagining what could go wrong.

I imagine how I would feel if things went badly.

I try to picture how I could fix things if something went wrong.

I'm careful not to become overconfident in these situations.

I spend a lot of time planning when one of these situations is coming up.

I imagine how I would feel if things went well.

In this situation, sometimes I worry more about looking like a fool than doing really well.

Considering what can go wrong helps me to prepare.

TOTAL SCORE

If you score above 50, you would qualify as a defensive pessimist.

If you score below 30, you would qualify as a strategic optimist.

If you score between 30 and 50, you may fluctuate between both strategies.