

Are you an Optimist? (The Revised Life Orientation Test, LOT-R)

Instructions

Is the glass half empty, or half full? This revised test assesses the degree to which you hold optimistic views of life. Simply state the extent to which you agree or disagree to this set of 10 questions for a score.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
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.					

Scoring

Total optimism score = Total Items 1, 3, 4, 7, 9 and 10.

Items 2, 5, 6, and 8 should not be scored.

Reverse Scoring

Items 3, 7 and 9 are reverse-scored

Interpretation

A sample of 2,055 college students indicated that the average optimism score was 14.33. Men averaged a score of 14.28 while women averaged 14.42 on this questionnaire.

Reference

Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): a reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67(6), 1063-1078.