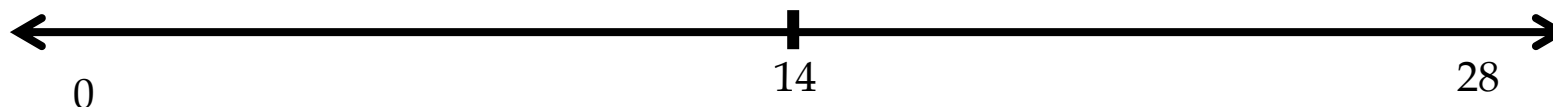


The Short Optimism Scale¹

Rate each item using a 4-point scale:

0	<i>Strongly disagree</i>
1	<i>Disagree</i>
2	<i>Neutral</i>
3	<i>Agree</i>
4	<i>Strongly agree</i>

- _____ 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 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.



¹Wimberly, S. R., Carver, C. S., & Antoni, M. H. (2008). Effects of optimism, interpersonal relationships, and distress on psychosexual well-being. *Psychology and Health*, 23, 57-72.

SCORING:

1. Do not score items with ^.
2. Reverse score items with *.
3. Add and find your placement on the spectrum.