

**WORKSHEET • 3**

# Optimist or Pessimist?

Read each statement. Circle the number that reflects how well the statement describes you.

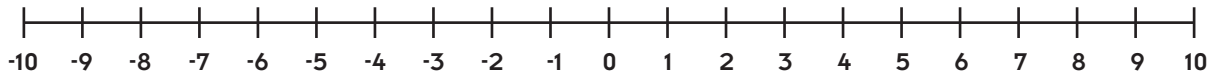
|                                                                                                     | No way! |   | That's me! |   |
|-----------------------------------------------------------------------------------------------------|---------|---|------------|---|
| 1. Things usually turn out for the best for me.                                                     | 1       | 2 | 3          | 4 |
| 2. It's easy for me to relax.                                                                       | 1       | 2 | 3          | 4 |
| 3. If something can go wrong, it will!                                                              | 1       | 2 | 3          | 4 |
| 4. My future's so bright, I've got to wear shades.                                                  | 1       | 2 | 3          | 4 |
| 5. I enjoy my friends a lot.                                                                        | 1       | 2 | 3          | 4 |
| 6. I always keep busy.                                                                              | 1       | 2 | 3          | 4 |
| 7. I hardly ever count on things going my way.                                                      | 1       | 2 | 3          | 4 |
| 8. It doesn't take much to get me angry.                                                            | 1       | 2 | 3          | 4 |
| 9. I do not get my hopes up.                                                                        | 1       | 2 | 3          | 4 |
| 10. When all is said and done, I expect more good things to happen to me than bad things to happen. | 1       | 2 | 3          | 4 |

### HOW TO SCORE THE SURVEY

- Cross out questions 2, 5, 6, and 8. They are fillers.
- Add up the answers to questions 1, 4, and 10. This is your O score. O = \_\_\_\_\_
- Add up the answers to questions 3, 7, and 9. This is your P score. P = \_\_\_\_\_
- Subtract your P score from your O score. (*The answer may be a negative number.*) Then circle your answer on the number line below: \_\_\_\_\_

Pessimist

Optimist



WHAT'S YOUR ATTITUDE? \_\_\_\_\_