

LOT-R

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements. There are no "correct" or "incorrect" answers. Answer according to your own feelings, rather than how you think "most people" would answer.

1	2	3	4	5
I agree a lot	I agree a little	I neither agree nor disagree	I disagree a little	I disagree a lot

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. _____