

Life Orientation Test (LOT)

Instructions:

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

[0] = strongly disagree

[1] = disagree

[2] = neutral

[3] = agree

[4] = strongly agree

Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers

- _____ 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 always look on the bright side of things.
- _____ 5. I'm always optimistic about my future.
- _____ 6. I enjoy my friends a lot.
- _____ 7. It's important for me to keep busy.
- _____ 8. I hardly ever expect things to go my way.
- _____ 9. Things never work out the way I want them to.
- _____ 10. I don't get upset too easily.
- _____ 11. I'm a believer in the idea that "every cloud has a silver lining."
- _____ 12. I rarely count on good things happening to me.

Scoring:

1. Reverse code items 3, 8, 9, and 12 prior to scoring.
2. Sum items 1, 3, 4, 5, 8, 9, 11, and 12 to obtain an overall score.

Note: Items 2, 6, 7, and 10 are filler items only. They are not scored as part of the scale.

Reference:

Scheier, M.F. & Carver C.S. (1985). Optimism, coping, and health: Assessment and implications of generalized outcome expectancies. *Health Psychology, 5*, 219-247.