

## Summary & Explanations

This optimism assessment is based on the findings of Dr. Martin Seligman, the foremost expert on optimism research and positive psychology.

Dr. Seligman's research clearly revealed the benefits of optimism:

- Optimistic people tend to be
  - + more happy
  - + more healthy (optimism strengthens the immune system)
  - + professionally more successful, especially as entrepreneurs, sales people and senior managers
  - + better able to cope with adversities
- Optimistic people rarely suffer from deep depression. They bounce back quickly from negative life events.

Pessimism in turn has few benefits. Pessimistic people tend to be more realistic and as such tend to take less (foolish) risks but may also miss more opportunities that require 'guts'. Also, pessimists tend to be better prepared for negative life events and as such may be less often severely affected by them. At the same time, when they come unexpectedly, pessimists easily fall into deeper depression.

Your degree of optimism is defined by your response to positive and negative life events.

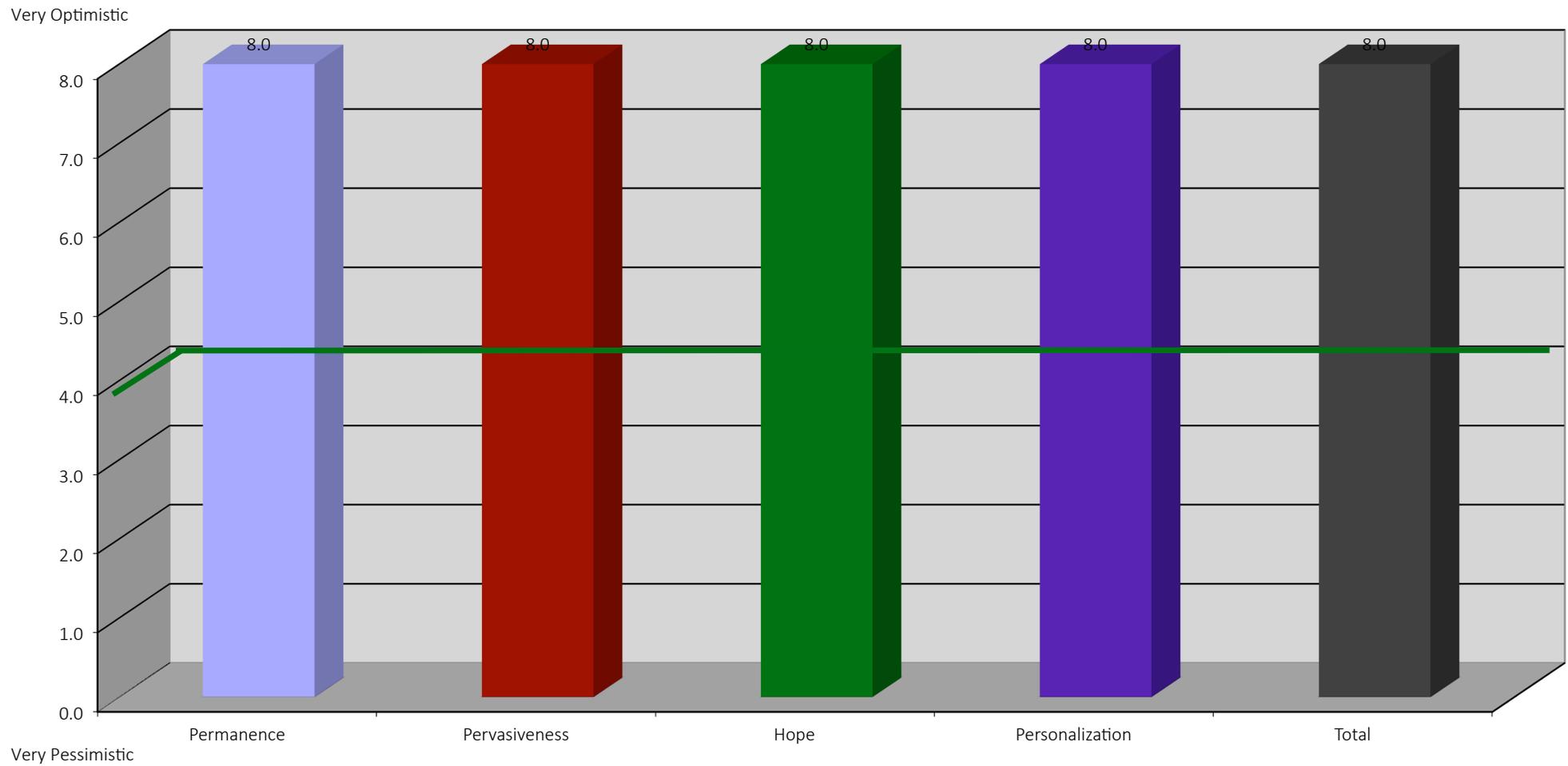
1. Permanence: do you see them as permanent or singular/temporary? For positive events, to see them as permanent or recurring is optimistic, for negative events the opposite is the case.
2. Pervasiveness: do you see these events as universal or specific? For positive events, to see them as universal is optimistic ('I'm good in my job' vs. 'I'm good at compiling financial reports'), to see them as specific is more pessimistic. For negative events it's the other way around.
3. Hope (only for 'bad events'): Hope is the mix of permanence and pervasiveness. E.g., the more temporary and specific you see negative events, the more hope you'll have that the future will be better.
4. Personalization: whether or not you take things personally impacts your optimism. Optimistic people attribute good events to themselves ('I won because I trained very hard' vs. 'I won because the others were not in good shape'), negative events are attributed to others. Pessimists explain positive / negative events in the opposite way.

The TOTAL SCORE of your optimism is calculated from these 3 factors related to your response to / explanations of positive and negative events. The highest possible score is +24 (extremely optimistic), the lowest possible score is -24 (extremely pessimistic).

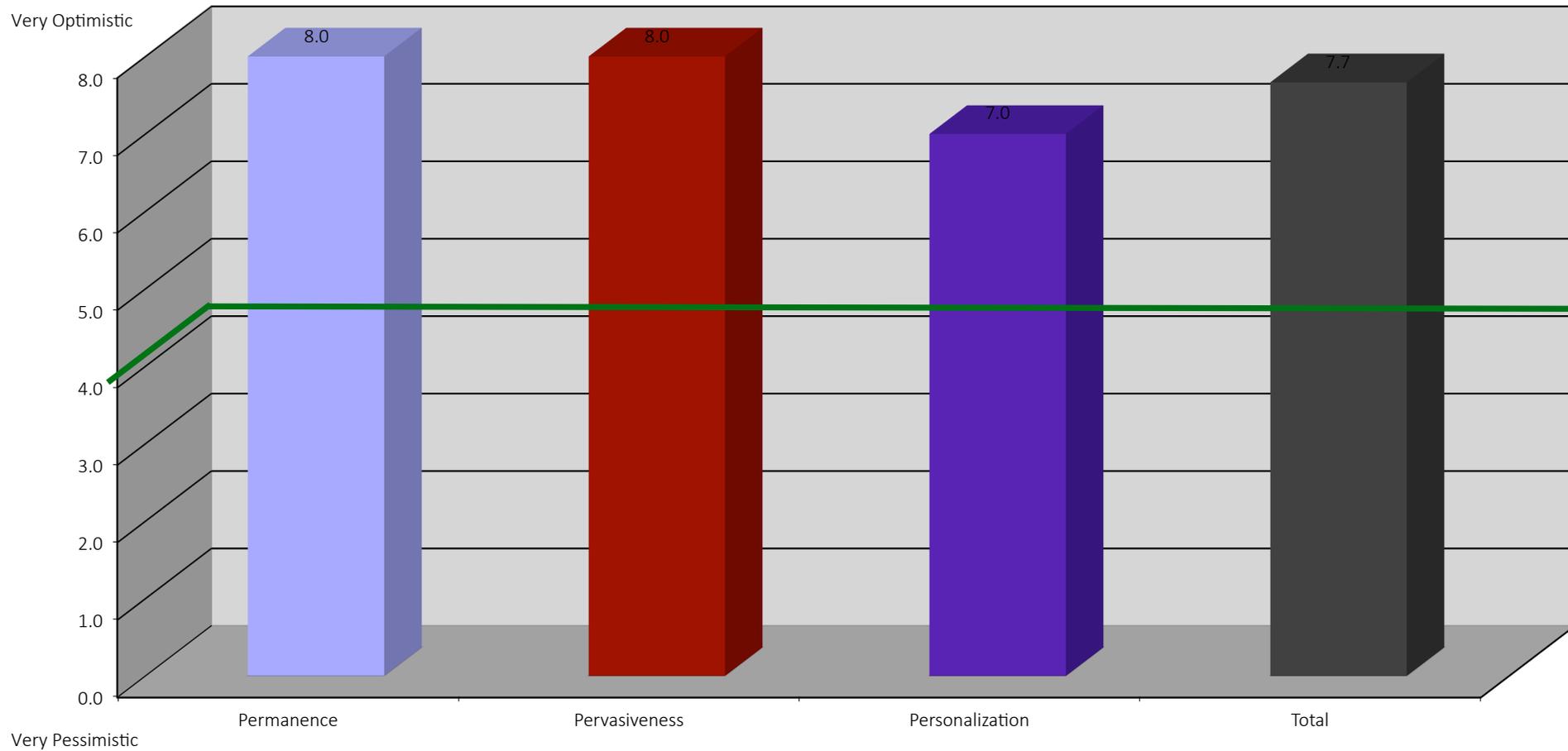
Pessimism starts at +8 and you may consider yourself as seriously pessimistic if your score is below 0. If it's well below 0, you may consider cognitive therapy to improve your quality of life. If your score is between slightly below 0 and +8, you might benefit from coaching in that area by a professional coach who understands the principles of cognitive and behavioral change.

**Your total score is 23**

### Optimism Score 'Bad Events'



### Optimism Score "Good Events"



## Total Optimism Score

