Original Life Orientation Test

Please respond to the statements below. 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. In uncertain times, I usually expect the best.
2. It's easy for me to relax. (Filler)
3. If something can go wrong for me, it will. (R)
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. (Filler)
7. It's important for me to keep busy. (Filler)
8. I hardly ever expect things to go my way. (R)
9. Things never work out the way I want them to. (R)
10. I don't get upset too easily. (Filler)
11. I'm a believer in the idea that "every cloud has a silver lining".
12. I rarely count on good things to happen to me. (R)

Items denoted by (R) are reversed prior to scoring.
Items denoted by (Filler) are ignored.

Scale to use:
0 = Strongly Disagree   1 = Disagree   2 = Neutral   3 = Agree   4 = Strongly Agree

Summing the eight items yields a range of 0 to 32 (0, 1, 2, 3...32; assuming no missing responses). High scores indicate greater optimism.

Averaging the eight items yields a range of 0 to 4 (0, .1, .2, .4, .5,...3.9, 4.0; rounded to one decimal and assuming no missing responses).


The questionnaire has since undergone a number of revisions.