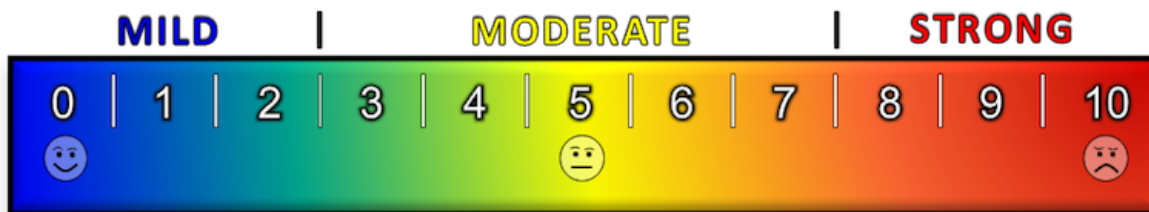


# Optimism v Pessimism scale

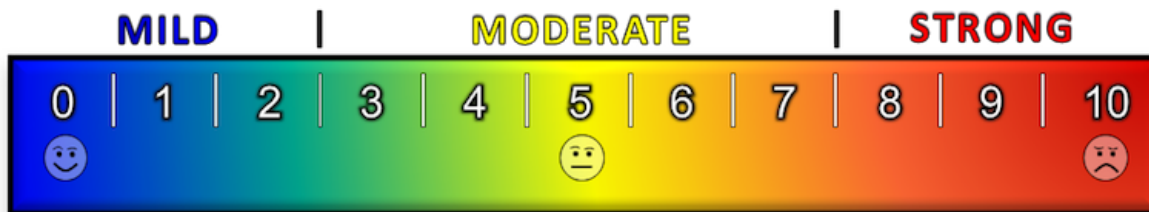
Date: \_\_\_\_\_

Before you assess your optimism/pessimism. Rate your depression, anxiety, and anger over the last week. The 7 areas on the next page are to help you get a sense of how optimistic or pessimistic you tend to be. The higher your score, the more optimistic you are. Use your rating to identify areas where you can raise your optimism and lessen your pessimism. Date it and then in one month, come back and redo it. In the video, I asked you to try being more optimistic for one month and see how it fits. In one month, did your optimism increase and your depression, anxiety, and anger decrease? Ask yourself why or why not.

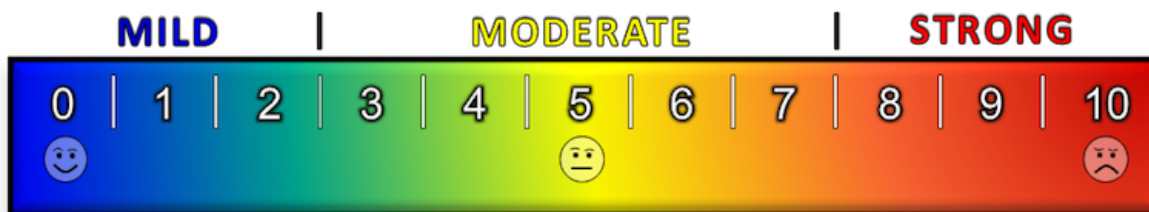
## Depression



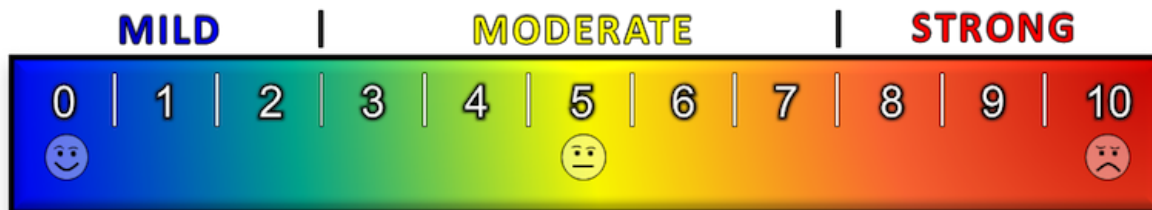
## Anxiety



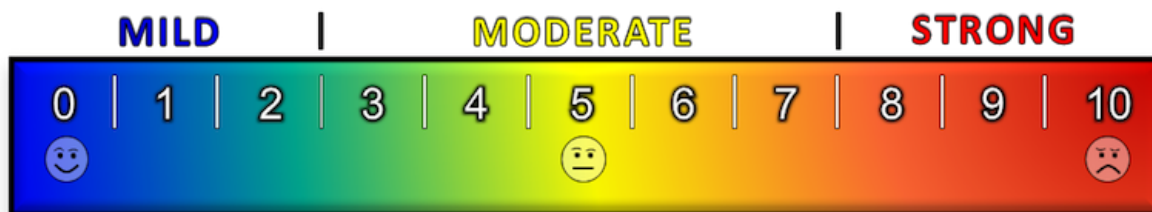
## Anger



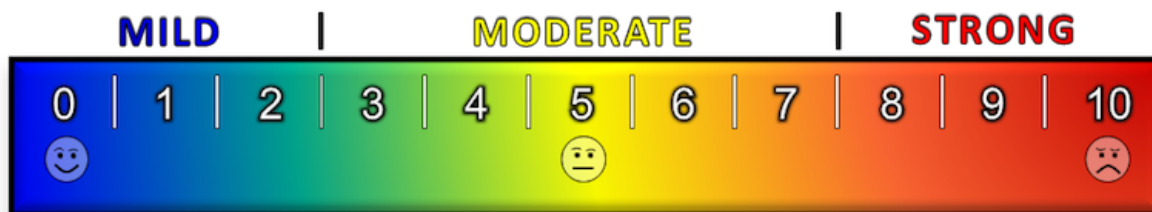
Tendency to express gratitude



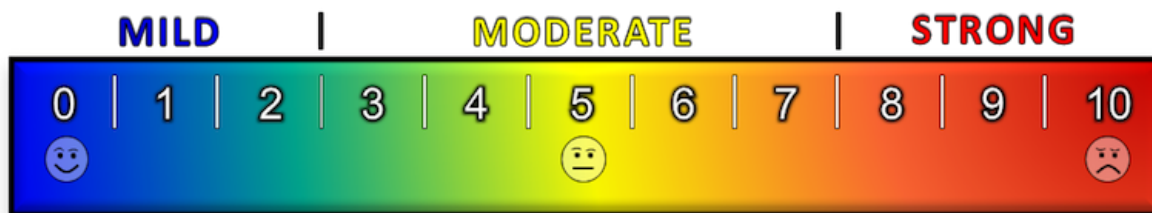
Tendency to give time and energy to others



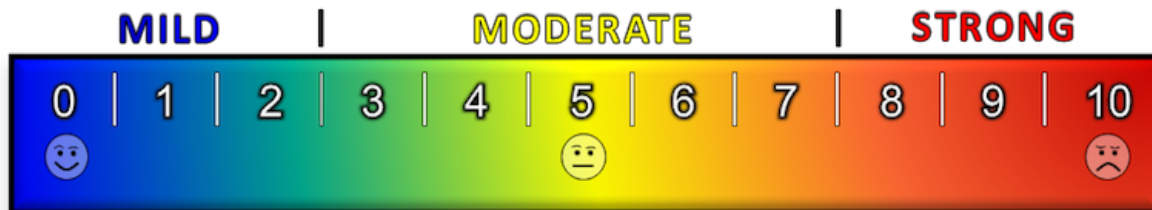
Interest in others



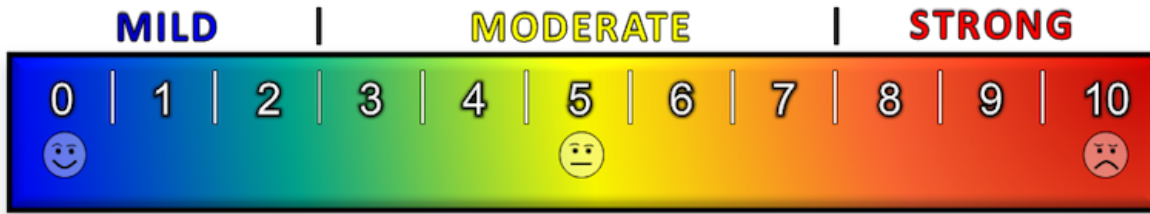
Desire to have positive people around you



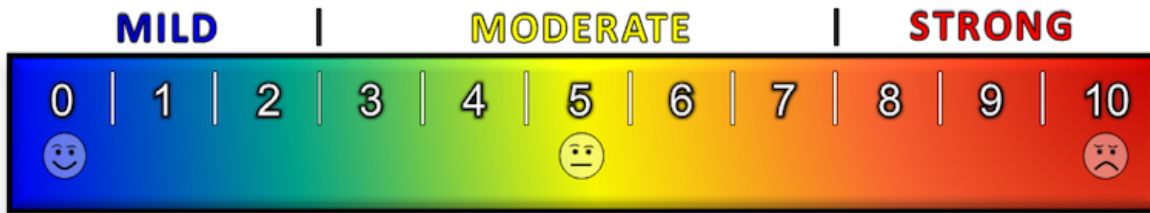
Ability to resist negativity



**Ability to forgive**



**Tendency to smile and laugh**



**Thank for trying this & challenging your pessimism!**