



Life Orientation Test Revised (LOT-R)

Instructions:

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. Answer according to your own feelings, rather than how you think 'most people' would answer.

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	In uncertain times, I usually expect the best	0	1	2	3	4
2	It's easy for me to relax	0	1	2	3	4
3	If something can go wrong for me it will	4	3	2	1	0
4	I'm always optimistic about my future	0	1	2	3	4
5	I enjoy my friends a lot	0	1	2	3	4
6	It's important for me to keep busy	0	1	2	3	4
7	I hardly ever expect things to go my way	4	3	2	1	0
8	I don't get upset too easily	0	1	2	3	4
9	I rarely count on good things happening to me	4	3	2	1	0
10	Overall, I expect more good things to happen to me than bad	0	1	2	3	4

Developer Reference:

Scheier, M.F., Carver, C.S., & Bridges, M.W. (1994). Distinguishing Optimism From Neuroticism (and Trait Anxiety, Self-Mastery, and Self-Esteem): A Reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67(6), 1063-1078.

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