

## Positivity Self Test

How have you felt in the past day? Look back over the past day (i.e., from this time yesterday up to right now).

Using the 0-4 scale below, indicate the greatest degree that you've experienced the following feelings.

Complete the test before referring to the explanations on the next page.

Unpleasant Emotions	0 = Not at all	1 = A little bit	2 = Moderately	3 = Quite a bit
What is the most <b>angry, irritated, or annoyed</b> you felt?				
What is the most <b>ashamed, humiliated, or disgraced</b> you felt?				
What is the most <b>contemptuous, scornful, or disdainful</b> you felt?				
What is the most <b>disgust, distaste, or revulsion</b> you felt?				
What is the most <b>embarrassed, self-conscious, or blushing</b> you felt?				
What is the most <b>guilty, repentant, or blameworthy</b> you felt?				
What is the most <b>hate, distrust, or suspicion</b> you felt?				
What is the most <b>sad, downhearted, or unhappy</b> you felt?				
What is the most <b>scared, fearful, or afraid</b> you felt?				
What is the most <b>stressed, nervous, or overwhelmed</b> you felt?				

Pleasant Emotions	0 = Not at all	1 = A little bit	2 = Moderately	3 = Quite a bit
What is the most <b>amused, fun-loving, or silly</b> you felt?				
What is the most <b>awe, wonder, or amazement</b> you felt?				
What is the most <b>grateful, appreciative, or thankful</b> you felt?				
What is the most <b>hopeful, optimistic, or encouraged</b> you felt?				
What is the most <b>inspired, uplifted, or elevated</b> you felt?				
What is the most <b>interested, alert, or curious</b> you felt?				
What is the most <b>joyful, glad, or happy</b> you felt?				
What is the most <b>love, closeness, or trust</b> you felt?				
What is the most <b>proud, confident, or self-assured</b> you felt?				
What is the most <b>serene, content, or peaceful</b> you felt?				

## Positivity Self Test Scores and Instructions

**Negativity Score:** Number of responses to unpleasant emotions rated 1 or higher = \_\_\_\_\_

**Positivity Score:** Number of responses to pleasant emotions rated 2 or higher = \_\_\_\_\_

**Positivity Ratio** = Positivity Score divided by Negativity Score = \_\_\_\_\_

**Note:** If your Negativity Score is zero for today, consider it to be a 1, to sidestep the can't-divide-by-zero problem. The resulting number represents your positivity ratio for today. For instance, if your Positivity Score = 10 and your Negativity Score = 4, your Positivity Ratio is 2.5 (alternatively stated as "2.5:1" or "2.5-to-1").