

POSITIVITY SELF TEST

How have you felt over the past twenty-four hours? Look back over the past day and, using the 0-4 scale below, indicate the *greatest amount* that you've experienced each of the following feelings.

- 0= not at all
- 1 = a little bit
- 2 = moderately
- 3 = quite a bit
- 4 = extremely

1. What is the most amused, fun-loving, or silly you felt?	1. _____
2. What is the most angry, irritated, or annoyed you felt?	2. _____
3. What is the most ashamed, humiliated, or disgraced you felt?	3. _____
4. What is the most awe, wonder, or amazement you felt?	4. _____
5. What is the most contemptuous, scornful, or disdainful you felt?	5. _____
6. What is the most disgust, distaste, or revulsion you felt?	6. _____
7. What is the most embarrassed, self-conscious, or blushing you felt?	7. _____
8. What is the most grateful, appreciative, or thankful you felt?	8. _____
9. What is the most guilty, repentant, or blame-worthy you felt?	9. _____
10. What is the most hate, distrust, or suspicion you felt?	10. _____
11. What is the most hopeful, optimistic, or encouraged you felt?	11. _____
12. What is the most inspired, uplifted, or elevated you felt?	12. _____
13. What is the most interested, alert, or curious you felt?	13. _____
14. What is the most joyful, glad, or happy you felt?	14. _____
15. What is the most love, closeness, or trust you felt?	15. _____
16. What is the most proud, confident, or self-assured you felt?	16. _____
17. What is the most sad, downhearted, or unhappy you felt?	17. _____
18. What is the most scared, fearful, or afraid you felt?	18. _____
19. What is the most serene, content, or peaceful you felt?	19. _____
20. What is the most stressed, nervous, or overwhelmed you felt?	20. _____

Scoring

To compute your positivity ratio for the past day, follow these five simple instructions:

- Go back and circle the ten items that reflect positivity. These are the ones that begin with the words **amused, awe, grateful, hopeful, inspired, interested, joyful, love, proud, and serene**. (Items 1,4,8,11,12,13,14,15,16,19)
- Go back and underline the ten items that reflect negativity. These begin with the words **angry, ashamed, contemptuous, disgust, embarrassed, guilty, hate, sad, scared, and stressed**. (Items 2,3,5,6,7,9,10,17,18,20)
- Count the number of circled positivity items that you endorsed as 2 or higher.
- Count the number of underlined negativity items that you endorsed as 1 or higher.
- Calculate the ratio by dividing your positivity tally by your negativity tally. If your negativity count is zero for today, consider it instead to be a 1, to sidestep the can't-divide-by-zero problem. The resulting number represents your positivity ratio for today.

SCORE: ____ : ____

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Online Test: www.positivityratio.com/single.php