

## Revised Life Orientation Test (LOT-R)

### Instructions:

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

10 = strongly disagree

11 = disagree

13 = agree

14 = strongly agree

Be as honest as you can throughout, and try not to let your responses to one question influence your responses to other questions. There is no right or wrong answer.

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

### Scoring:

1. Reverse code items 3, 7, and 9 prior to scoring (0=4) (1=3) (2=2) (3=1) (4=0).
2. Sum items 1, 3, 4, 7, 9, and 10 to obtain an overall score.

*Note* Items 2, 5, 6, and 8 are filler items only. They are not scored as part of the revised scale.

The revised scale was constructed in order to eliminate two items from the original scale, which dealt more with coping style than with positive expectations for the future.

### Reference:

#### References:

Scheier, M.F., Carver, C.S., and Bridges, M.W. (1994). Distinctions between optimism and pessimism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.