



Positivity Self Test

Taken from Barbara Fredrickson's book "Positivity"

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

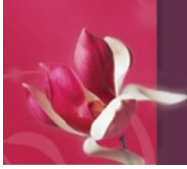
1. What is the most amused, fun-loving or silly you felt?
2. What is the most angry, irritated or annoyed you felt?
3. What is the most ashamed, humiliated or disgraced you felt?
4. What is the most awe, wonder, or amazement you felt?
5. What is the most contemptuous, scornful or disdainful you felt?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

Scoring

You will see that each item contains a trio of words that are related but not quite the same.

People typically experience positive and negative emotional states at different intensities and frequencies. Negativity feels more intense, an asymmetry that scientists call the negativity bias.

Positivity comes around more frequently, an asymmetry that scientists call positivity offset. This test takes these differences into account.



To calculate your positivity ratio for the past day....

1. 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
2. Circle the ten items that reflect negativity. These begin with the words: angry, ashamed, contemptuous, disgust, embarrassed, guilty, hate, sad, scared and stressed.
3. Count the number of positive items that you scored 2 or higher
4. Count the number of negative items that you scored 1 or higher
5. Calculate your positivity ratio by dividing your positivity tally by your negativity tally. The number that results is your positivity ratio for today.

The higher your score the more positive you are as a person.

Bear in mind that this test is only a snapshot in time. Everyone's emotions change by the day and by the hour. Maybe you want to test yourself over a week or longer to see if you can spot any trends.

Then see if you can identify situations that arose on the days when your score was low or below 1 – indicating a high negativity.

When you have monitored yourself for a period and identified situations that cause you to be more negative start to think what you might be able to do in those situations that you help you find a positive in them; and you are on your way to a more positive outlook, better health and overall a more enjoyable life experience.