

Positivity Self Test¹

How have you felt over the past twenty-four hours? Look back over the last 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 disdainful** 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 curious** you felt?
13. What is the most **interested, alert, or elevated** 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 overwhelmed** you felt?

Scoring:

1. Go back and circle the ten items that reflect positivity or positive emotions. These are items with words such as: amused, awe, grateful, hopeful, inspired, interested, joyful, love, proud, and serene.

¹ *Positivity* (2009). Fredrickson.

2. Go back and underline the ten items that reflect negativity or negative emotions. These are: angry, ashamed, contemptuous, disgust, embarrassed, guilty, hate, sad, scared, and stressed.
3. Count the number of circled positivity items that you scored as 2 or higher.
4. Count the number of underlined negativity items that you scored as 1 or higher.
5. Calculate the ratio by dividing your positivity tally by your negativity tally. If your negativity count is zero for the day, then use 1 to get around the “can’t divide by 0 problem. The resulting number represents your positivity ratio for today.