

Once you have completed the questionnaire, add together all of the digits ("1's" and "0's) that end with "G" and then end with "B." There should be 18 items for each. Be sure that you add these correctly.

Now, subtract the B's from the G's. Example:

$$\begin{array}{r} \text{sum of G digits} = 11 \\ \text{sum of B digits} = - 8 \\ \hline \text{Total} \quad \quad \quad 3 \end{array}$$

If your score is 2 or less, the total CAN be negative, then your are a pessimist.

If your score is 3 or more, then you are an optimist.

We can always work to improve our self-talk to be more and more positive, but this gives you a gauge to see how bad or good your current attributional skills are. The more positive you are, the more likely you are to have a relaxed attitude and experience more pleasure on a daily basis, even when things are not going your way. There are studies that have used this questionnaire that have found less illness in those who rate as optimists.

(Peterson, C. (1988). Explanatory style as a risk factor for illness. *Cognitive Therapy and Research*, 12(2), 119-132.