Considering the results of the positivity ratio survey, I’m a bit aloof. I’m not quite sure what the ratio means, after calculating it from my positivity and negativity scores. It’s easier for me to receive meaning from the comparison of those scores than from the ratio. I’m glad that I answered positively by a good margin. My negativity score was 1.88 and the positivity score was 3. Anything above fifty percent leaning to positive is satisfactory, in my opinion. Connecting to the self-assessment in Chapter 3: I have consistent results of emotional stability, that reinforces the results of both assessments. The survey concludes that I'm more positive than negative, but others may not see it that way.

One major caveat I think isn’t addressed in the survey is that of perceived positivity. The impressions people derive from outward appearances can also include a kind of positivity ratio. Anecdotally, people seem to think a neutral stance is also negative if they themselves are feeling positive; especially so if a face’s relaxed position doesn't resemble a smile. Another avenue with similar consequence is that of being a realist opposing an optimist. I have often received feelings of resentment if I'm not entirely smitten by a person's hopes. When providing encouragement in the form of attainable steps towards said hope, or, a positive review of current efforts, any mismatch of enthusiasm is met with negativity. It's understandable that to create change some like to generate excitement, but others like myself don't require a charge, we'd rather decide and do. This musing also links back to high scores in self-awareness and social awareness during our study of Chapter 3. And likewise, low extraversion relates to those points. The MBTI surveys I took are in parallel with these results of a logical approach to life with bad interpersonal communication.

In the previous paragraph, I expressed a reaction to past experiences in a less than positive manner. I could have forgiven and forgotten those many occurrences of unpleasantries from non-neutral parties. That would make me more positive. One thing I haven't forgotten or karma cleansed is "counting blessings". The act of listing things and expressing gratitude for them is incredibly uplifting. It’s hard to run out of things to appreciate. Contemplating the achievement of goals is also a positive act with generation of positive feelings. Visualizing and emulating a moment of success can be thrilling and vindicating. Although, I much prefer to live in the moment, as there is no greater expression of love and appreciation.