

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

[0] = strongly disagree [1] = disagree [2] = neutral [3] = agree [4] = strongly agree

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

	strongly disagree	disagree	neutral	agree	strongly agree
In uncertain times, I usually expect the best.	0	1	2	3	4
It’s easy for me to relax.	0	1	2	3	4
If something can go wrong for me, it will.	0	1	2	3	4
I’m always optimistic about my future.	0	1	2	3	4
I enjoy my friends a lot.	0	1	2	3	4
It’s important for me to keep busy.	0	1	2	3	4
I hardly ever expect things to go my way	0	1	2	3	4
I don’t get upset too easily.	0	1	2	3	4
I rarely count on good things happening to me.	0	1	2	3	4
Overall, I expect more good things to happen to me than bad.	0	1	2	3	4