Positivity Self Test

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.

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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.