



## POSITIVITY SELF-TEST

**Instructions:** How have you felt in the past day? Look back over the past day (i.e., from this time yesterday up to right now). Using the 0-4 scale below, indicate the greatest degree that you've experienced of each of the following feelings.

**0 = Not at all    1 = A little bit    2 = Moderately    3 = Quite a bit    4 = Extremely**

	Question	Your answer
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 revulsion 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 blameworthy 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 elevated you felt?	
13	What is the most interested, alert, or curious 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?	



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## **SCORING**

To calculate “P”, count the number of scores of 2 or higher for questions related to positive emotions: 1, 4, 8, 11, 12, 13, 14, 15, 16, 19.

To calculate “N”, count the number of scores of 2 or higher for questions related to negative emotions: 2, 3, 5, 6, 7, 9, 10, 17, 18, 20.

Divide P into N to calculate your “P/N positivity ratio.”

## **INTERPRETATION**

Dr. Barbara Fredrickson claims that a P/N ratio of 3/1 or higher is optimal, given our in-born negativity biases as human beings. Individuals at 2/1 are characterized as languishing and 1/1 as suffering. These exact ratios have come under academic scrutiny as of late. For our purposes, think spirit more than letter of the law. According to Dr. Fredrickson, individuals at or above a 3/1 ratio, experience a broadening of their awareness and a building up of resources for the future. Unlike downward spirals, these upward spirals feel good in addition to helping you think and act better. As summarized by Dr. Alicia Boyes, “when people achieve the 3:1 positivity ratio, they tend to become more generous, caring, and dedicated in their actions, and their thoughts become more creative, insightful, expansive, and clearer. This in turn causes people to achieve greater success in their work and personal lives, and the upward spiral of feeling good, and thinking and acting constructively continues.”

## **REFERENCES**

**Boyes, A.** (2015). *The Anxiety Toolkit: Strategies for managing your anxiety so you can get on with your life.* Hachette UK.

**Fredrickson, B.** (2016). *Positivity. Groundbreaking Research to release the Inner Optimist and Thrive.* Pages 142.-144. Oneworld Publishers.