



**SOTILE CENTER FOR RESILIENCE**  
*Center For Physician Resilience*

## The Life Orientation Test

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

- \_\_\_1. In uncertain times, I usually expect the best.
- \_\_\_2. If something can go wrong for me, it will.\*
- \_\_\_3. I always look on the bright side of things.
- \_\_\_4. I'm always optimistic about my future.
- \_\_\_5. I hardly ever expect things to go my way.\*
- \_\_\_6. Things never work out the way I want them to.\*
- \_\_\_7. I'm a believer in the idea that "every cloud has a silver lining."
- \_\_\_8. I rarely count on good things happening to me.\*

### Scoring

Reverse scores for items 2,5,6,and 8

**Your Total:** \_\_\_\_

Source: Scheier MF, Carver CS. Optimism, coping, and health: assessment and implications of generalized outcome expectancies. *Health Psychology*. 1985;4(3):219-247.