Optimist or pessimist test pdf

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Researchers at the University of Cincinnati developed an instrument for the assessment of optimism and pessimism. Optimism can be described as an overall hopeful disposition, while pessimism is an expectation that bad things will happen. Scientific evidence suggests that optimism is related to overall resilience and well-being, while pessimism is sometimes correlated with anxiety.Below is a list of questions that relate to life experiences common among people who have optimistic or pessimistic tendencies. Please read each question carefully and indicate whether it applies to you. The IDRlabs Optimism/Pessimism Test (IDR-OPT) was developed by IDRlabs. The IDR-OPT is based on the Optimism/Pessimism Instrument (OPI) developed by Dr. William Dember, Dr. Stephanie Martin, Dr. Mary Hummer, Dr. Steven Howe, and Dr. Richard Melton. The IDR-OPT is not associated with any specific researchers in the field of psychology or any affiliated research institutions. The IDRlabs Optimism/Pessimism Test was informed by the OPI's criteria for optimism and pessimism as published in Dember, Martin, Hummer, Howe, and Melton (1989) The measurement of optimism and pessimism. Current Psychological Research and Reviews, 8, 109-119. While there is a tendency to create a divisive binary with optimism (positive bias) on one side and pessimism (negative bias) on the other, researchers posit that the two constructs are not really opposites and that there is more interrelatedness than previously thought. The present test is intended for educational purposes only. IDRlabs and the present IDRlabs Optimism/Pessimism Test are independent of the above researchers, organizations, or their affiliated institutions. The Optimism/Pessimism Test is based on a famous and well-regarded inventory for the assessment of optimism and pessimism. However, free online tests and quizzes such as this one are solely first takes and cannot provide accurate assessments of your personality. A definitive personality or mental attitude assessment can be made only by a qualified professional. As the publishers of this free online optimism/pessimism test, which allows you to categorize your mental attitude, we have strived to make the test as reliable and valid as possible by subjecting this test to statistical controls and validation. However, free online quizzes such as the present Optimism/Pessimism Test do not provide professional assessments or recommendations of any kind; the test is provided entirely "as-is." For more information about any of our online tests and quizzes, please consult our Terms of Service. People are typically put into one of two categories. They're either optimistic or pessimistic. Your optimism or pessimism shapes your worldview. You see the glass as half empty or half full, and that is how you describe your position in life. Take this test to determine if you're a half empty or half full type of person.Can a Person Be TOO Optimistic?As you take this test, you might think that you want to be scored as a completely optimistic person. You might be surprised to learn, then, that the optimal score is actually somewhere in the middle. You don't want to be completely optimistic or completely pessimistic. Neither one gives a realistic view of the world. For instance, if you are 100 percent optimistic, you think that everything will go your way all of the time, without fail. Every person that you go out with will fall in love with you. You will land every job interview. You will get every raise that you ask for.Because of that, you won't work for the things that you want because you are certain that you'll get them anyway.The same is true for pessimistic people. They are so sure they won't get something that they fail to work for it. They think a date won't work out, so they don't dress for it. They are certain they won't land the interview, so they don't prepare, and they know their boss won't give them a raise, so they don't even ask. When people are too optimistic or too pessimistic, they live outside of reality. You want to be somewhere in the middle. You want to have a nice dose of optimism, but you want to have your feet on the ground at the same time.You Can ChangePeople say that you're born an optimist or a pessimist, but you can change. After you take the quiz, look over your results, and if you want to make a change, work toward it. You aren't stuck as an optimist or a pessimist. You can be who you want to be. Use the quiz as a guide as you become a better person.Start the quiz now so you can find out more about yourself. Move through the questions carefully so you can determine if you see the glass half empty, half full, or somewhere in between. When Were You Really BornYour birth certificate has your birthday on it, but that only tells half the story. You might be born in the '60s, '70s, '80s, or '90s, but that doesn't mean that your personality fits your birth decade. Take this test to find out if your inner hippie, rocker, activist, or wild child means that you fit into a certain decade. This test will help you understand your true soul. Sure, you might have a birthdate on your driver's license, but take this test to find out when you should have been born. Then, you'll finally understand who you are deep down.Dive in to Find Out More The questions on this test are simple to answer. You will answer questions about your favorite celebrity and movie. You will even go over various styles. Then, just submit your test and you will find out your true decade. The results will explain why you fit into that decade. As you read through the results, you will finally understand why you like certain things. You are heavily influenced by a certain decade, and it will all finally make sense.Share Your Results Knowing more about yourself is great, but you should find out more about your friends, as well. Share your results so your friends will take the test, as well. Be sure to encourage them to share their results so you can find out about their decades. Then, you will understand them more and you will know what to buy them the next time they have a birthday. For instance, someone who belongs in the '70s will prefer a Pink Floyd CD to Ronald Reagan biography. Knowing that ahead of time will save you the embarrassment of having to return a present for someone. You will finally become the type of gift-giver you always wanted to be. Now that you know what to expect, you're ready to take the test. Jump in so you can get some insight into your decade. You will learn more about yourself and you can pass that information onto your friends. Then, they will finally understand your true soul. The Birthday Party Personality TestDo you live to party, or do you only attend social functions because you think that is what you are supposed to do? Maybe you love getting dressed up and sharing your experiences on social media, or maybe you prefer sitting at home with a tub of ice cream and the latest installment of "The Real Housewives" on TV. Take this test to find out if you love hitting the hotspots or if you emit negative energy every time you enter a social space. You will have a much better understanding of yourself once you know what your true party personality is.Share with Your Loved One If you have a significant other, his or her party style impacts your life. Have your significant other take the quiz, as well, so you can determine if you two are compatible partiers or if you need to compromise to make the relationship work. If you have two different party styles, it could lead to fights and disagreements. You can avoid the conflict by understanding where the other person is coming from in regards to partying. Then, you can compromise so both of you get to do what you enjoy. That will lead to a happy relationship. Don't just share the test with your significant other. Share it with your friends, as well. That way, you can match up with other friends who have the same party personality as you do. Wallflowers like to hang out with other wallflowers, just like partiers like to hang out with other partiers. You can match up and take your fun to the next level. If you do that, you will always have people to hang out with, no matter what you like to do. Don't wait another moment. Dive into the test and find out more about your party personality. Then, you can go out and have some fun or stay in, where you can relax with a book or some TV. No matter what you choose, you'll be happy once you embrace your true party personality. You will be true to yourself, and that is the key to happiness. You might think that your gender automatically determines if your brain is male or female, but you're wrong. According to Cambridge scientists, 17% of men and women have brains that are associated with the opposite gender. Are you one of the seventeen percent? You can find out quickly by taking this simple quiz. Male, Female, or Balanced – Getting to Know Your Brain According to researchers, people have one of three types of brains: male, female, or balanced. Male brains are hardwired for understanding and building systems while the female brain is hardwired for empathizing with others. People who have a male brain might be able to take an engine apart and rebuild it, or figure out how a computer works. On the other hand, someone who has a female brain connects with others and feels their pain. These people often work in the social services field. They love to help others and often dedicate their lives to it. Then, you have people with balanced brains. They have traits of both. They can empathize with others, but they're also good with systems. Because they are so balanced, they can work in various fields and take on different types of tasks with ease. They can fit into almost any situation you throw their way. Using the Results to Your Advantage After you receive your brain gender test results, use them to your advantage. Consider your brain gender an asset and use it in your personal and professional life to get ahead. If you can empathize with others, use it to form personal relationships to help you as you move forward. If you're good with systems, use that as you move forward with life. You need to utilize your skills in every facet of life. That is how people get ahead both personally and professionally. Your brain's gender is an important piece of your life's puzzle, and this quiz will help you snap that piece into place. Move through the quiz, paying attention to each question. When you're finished, you'll know a little bit more about yourself. When Were You Really BornYour birth certificate has your birthday on it, but that only tells half the story. You might be born in the '60s, '70s, '80s, or '90s, but that doesn't mean that your personality fits your birth decade. Take this test to find out if your inner hippie, rocker, activist, or wild child means that you fit into a certain decade. This test will help you understand your true soul. Sure, you might have a birthdate on your driver's license, but take this test to find out when you should have been born. Then, you'll finally understand who you are deep down.Dive in to Find Out More The questions on this test are simple to answer. You will answer questions about your favorite celebrity and movie. You will even go over various styles. Then, just submit your test and you will find out your true decade. The results will explain why you fit into that decade. As you read through the results, you will finally understand why you like certain things. You are heavily influenced by a certain decade, and it will all finally make sense.Share Your Results Knowing more about yourself is great, but you should find out more about your friends, as well. Share your results so your friends will take the test, as well. Be sure to encourage them to share their results so you can find out about their decades. Then, you will understand them more and you will know what to buy them the next time they have a birthday. For instance, someone who belongs in the '70s will prefer a Pink Floyd CD to Ronald Reagan biography. Knowing that ahead of time will save you the embarrassment of having to return a present for someone. You will finally become the type of gift-giver you always wanted to be. Now that you know what to expect, you're ready to take the test. Jump in so you can get some insight into your decade. You will learn more about yourself and you can pass that information onto your friends. Then, they will finally understand your true soul. The Birthday Party Personality TestDo you live to party, or do you only attend social functions because you think that is what you are supposed to do? Maybe you love getting dressed up and sharing your experiences on social media, or maybe you prefer sitting at home with a tub of ice cream and the latest installment of "The Real Housewives" on TV. Take this test to find out if you love hitting the hotspots or if you emit negative energy every time you enter a social space. You will have a much better understanding of yourself once you know what your true party personality is.Share with Your Loved One If you have a significant other, his or her party style impacts your life. Have your significant other take the quiz, as well, so you can determine if you two are compatible partiers or if you need to compromise to make the relationship work. If you have two different party styles, it could lead to fights and disagreements. You can avoid the conflict by understanding where the other person is coming from in regards to partying. Then, you can compromise so both of you get to do what you enjoy. That will lead to a happy relationship. Don't just share the test with your significant other. Share it with your friends, as well. That way, you can match up with other friends who have the same party personality as you do. Wallflowers like to hang out with other wallflowers, just like partiers like to hang out with other partiers. You can match up and take your fun to the next level. If you do that, you will always have people to hang out with, no matter what you like to do. Don't wait another moment. Dive into the test and find out more about your party personality. Then, you can go out and have some fun or stay in, where you can relax with a book or some TV. No matter what you choose, you'll be happy once you embrace your true party personality. You will be true to yourself, and that is the key to happiness. You might think that your gender automatically determines if your brain is male or female, but you're wrong. According to Cambridge scientists, 17% of men and women have brains that are associated with the opposite gender. Are you one of the seventeen percent? You can find out quickly by taking this simple quiz. Male, Female, or Balanced – Getting to Know Your Brain According to researchers, people have one of three types of brains: male, female, or balanced. Male brains are hardwired for understanding and building systems while the female brain is hardwired for empathizing with others. People who have a male brain might be able to take an engine apart and rebuild it, or figure out how a computer works. On the other hand, someone who has a female brain connects with others and feels their pain. These people often work in the social services field. They love to help others and often dedicate their lives to it. Then, you have people with balanced brains. They have traits of both. They can empathize with others, but they're also good with systems. Because they are so balanced, they can work in various fields and take on different types of tasks with ease. They can fit into almost any situation you throw their way. Using the Results to Your Advantage After you receive your brain gender test results, use them to your advantage. Consider your brain gender an asset and use it in your personal and professional life to get ahead. If you can empathize with others, use it to form personal relationships to help you as you move forward. If you're good with systems, use that as you move forward with life. You need to utilize your skills in every facet of life. That is how people get ahead both personally and professionally. Your brain's gender is an important piece of your life's puzzle, and this quiz will help you snap that piece into place. Move through the quiz, paying attention to each question. When you're finished, you'll know a little bit more about yourself. © 365Tests. 2013-2021. All rights reserved. When you visit or interact with our sites, services or tools, we or our authorised service providers may use cookies for storing information to help provide you with a better, faster and safer experience and for marketing purposes.

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