



GLASS
HALF FULL?

Attributes of Optimism

- Positive expectations
- Idea of control over one's outcomes (confidence)
- Hopeful
- Resilient



Optimist:

- Temporary
- Random
- Expectant

Pessimist:

- Pervasive
- Permanent
- Personal

Permanence

OPTIMIST

- Bad events are temporary
- Good events are permanent (I am confident, capable, consistent.)

Permanence

Pessimist

- Bad events have permanent causes – something wrong with me
- Good events are temporary – it is because of good luck or someone else. “I got lucky.”



Pervasiveness

OPTIMIST

- Bad events are isolated (Bad day at work vs I am a failure)
- Good events are broad (I am a capable person.)

Pervasiveness

Pessimist

- Bad events happen all the time because of who I am (Bad day at work vs I am a failure)
- Good events are due to luck

Personalization


OPTIMIST

- Bad events are due to external causes – luck someone's mistake.
- Good events are the result of one's capabilities – I am competent.



Personalization

Pessimist

- Bad events are my fault.
 - Good events are because of someone else.
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