

THE POSITIVE EXPECTATIONS QUESTIONNAIRE

Dr. J.T. (Tom) Snell

This questionnaire is designed to assess the positive expectations of individuals. Please take a few moments to complete it and see how your scores compare to those people who consider themselves as more positive people, more negative people, and neutral people (that is, people who do not consider themselves especially positive or negative).

Read each of the statements in the questionnaire and write a number between 1 and 100 in the right column to indicate the chances that you will experience the event at some point in the future. 0 means that you think the event will *never* happen and 100 means that you think the event *will definitely* happen.

Please do not spend too much time thinking about any one item and answer as honestly as possible.

	Statement	Chances of this happening to you (0 – 100)
A	Having someone tell you that you are talented	
B	Looking young for your age when you are older	
C	Having a great time on your next holiday	
D	Being given \$200 just to spend on yourself	
E	Achieving at least one of your life ambitions	
F	Developing or maintaining a good relationship with your family	
G	Having an out-of-town friend visit you	
H	Being admired for your accomplishments	