International Situations Project Translation

**Life-Orientation Test (LOT-R)** – 6 items

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| Original English | Translation (Bulgarian) |
| 1. In uncertain times, I usually expect the best. | 1. В несигурни времена обикновено очаквам най-доброто. |
| 1. If something can go wrong for me, it will.\* | 1. Ако нещо в живота ми може да се обърка, точно така ще стане. |
| 1. I'm always optimistic about my future. | 1. Винаги съм оптимистично настроен за бъдещето си. |
| 1. I hardly ever expect things to go my way.\* | 1. Рядко очаквам нещата да се случат така, както ми се иска. |
| 1. I rarely count on good things happening to me.\* | 1. Рядко разчитам, че ще ми се случат хубави неща. |
| 1. Overall, I expect more good things to happen to me than bad. | 1. Като цяло очаквам да ми се случват повече хубави неща, отколкото лоши. |

\* *items are reverse coded*

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Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.

The International Situations Project is supported by the National Science Foundation under Grant No. BCS-1528131. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the individual researchers and do not necessarily reflect the views of the National Science Foundation.

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