International Situations Project Translation

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

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| Original English | Translation (Estonian) |
| 1. In uncertain times, I usually expect the best. | 1. Ebakindlatel aegadel loodan parimat. |
| 1. If something can go wrong for me, it will.\* | 1. Kui minu elus saab midagi viltu minna, siis lähebki. |
| 1. I'm always optimistic about my future. | 1. Olen alati oma tuleviku suhtes optimistlik |
| 1. I hardly ever expect things to go my way.\* | 1. Ma ei looda pea kunagi, et asjad lähevad minu tahtmist mööda. |
| 1. I rarely count on good things happening to me.\* | 1. Tean, et mul ei vea elus mitte kunagi. |
| 1. Overall, I expect more good things to happen to me than bad. | 1. Üldiselt ma eeldan, et mu elus juhtub rohkem head kui halba. |

\* *items are reverse coded*

Translation provided by:

Anu Realo, University of Tartu, Tartu

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.

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International Situations Project

University of California, Riverside

David Funder, Principal Investigator

Researchers: Gwendolyn Gardiner, Erica Baranski

