International Situations Project Translation

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

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| Original English | Translation (Hungarian) |
| 1. In uncertain times, I usually expect the best.
 | 1. Bizonytalan időkben általában a legjobbra számítok.
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| 1. If something can go wrong for me, it will.\*
 | 1. Nekem ha valami elromolhat, az el is fog.
 |
| 1. I'm always optimistic about my future.
 | 1. Mindig optimista vagyok a jövőmmel kapcsolatban.
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| 1. I hardly ever expect things to go my way.\*
 | 1. Nem nagyon számítok arra, hogy a dolgok úgy fognak történni, ahogy én szeretném.
 |
| 1. I rarely count on good things happening to me.\*
 | 1. Nem nagyon számítok arra, hogy jó dolgok fognak velem történni.
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| 1. Overall, I expect more good things to happen to me than bad.
 | 1. Összességében arra számítok, hogy több jó dolog fog velem történni, mint rossz.
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 \* *items are reverse coded*

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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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