International Situations Project Translation

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

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| Original English | Translation (Japanese) |
| 1. In uncertain times, I usually expect the best.
 | 1. 先行きが不透明な時代に、私はたいてい一番良いものを期待する
 |
| 1. If something can go wrong for me, it will.\*
 | 1. 私が失敗する可能性のあるものは、失敗する
 |
| 1. I'm always optimistic about my future.
 | 1. 私は常に自分の将来について楽観的である
 |
| 1. I hardly ever expect things to go my way.\*
 | 1. 私は物事が自分の思ったように進むと、ほとんど期待していない
 |
| 1. I rarely count on good things happening to me.\*
 | 1. 私は自分に起きた良いことをめったに数えない
 |
| 1. Overall, I expect more good things to happen to me than bad.
 | 1. 全体的に私は悪いことよりも、もっと良いことが起こると期待する
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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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