International Situations Project Translation

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

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| Original English | Translation (Norwegian) |
| 1. In uncertain times, I usually expect the best. | 1. I usikre tider, så forventer jeg stort sett det beste. |
| 1. If something can go wrong for me, it will.\* | 1. Dersom noe kan gå galt for meg, så vil det det. |
| 1. I'm always optimistic about my future. | 1. Jeg er alltid optimistisk når det kommer til fremtiden min. |
| 1. I hardly ever expect things to go my way.\* | 1. Jeg forventer knapt noen gang at ting skal gå i min retning. |
| 1. I rarely count on good things happening to me.\* | 1. Jeg stoler sjelden på at noe godt kommer til å hende meg. |
| 1. Overall, I expect more good things to happen to me than bad. | 1. I det store og hele forventer jeg at flere gode enn dårlige ting skal hende meg. |

\* *items are reverse coded*

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