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. 私は自分の身に良いことが起こることを、めったに期待していない。
 |
| 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*

Translation provided by:

Tatsuya Sato, Ritsumeikan University, Kyoto

Shizuka Kawamoto, Ritsumeikan University, Kyoto

Asuka Komiya, Hiroshima University, Hiroshima

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International Situations Project

University of California, Riverside

David Funder, Principal Investigator

Researchers: Gwendolyn Gardiner, Erica Baranski

