International Situations Project Translation

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

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| Original English | Translation (Lithuanian) |
| 1. In uncertain times, I usually expect the best.
 | 1. Netikrumo momentais aš paprastai tikiuosi geriausio.
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| 1. If something can go wrong for me, it will.\*
 | 1. Jei kas nors man gali nepavykti, taip ir įvyks.
 |
| 1. I'm always optimistic about my future.
 | 1. Aš visada esu nusiteikęs/usi optimistiškai savo ateities atžvilgiu.
 |
| 1. I hardly ever expect things to go my way.\*
 | 1. Aš net nesitikiu, kad reikalai klostytųsi man palankia linkme.
 |
| 1. I rarely count on good things happening to me.\*
 | 1. Aš retai kada galvoju, kad kažkas gero gali man atsitikti.
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| 1. Overall, I expect more good things to happen to me than bad.
 | 1. Bendrai paėmus, tikiuosi man įvyksiant daugiau gerų dalykų nei blogų.
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 \* *items are reverse coded*

Translation provided by:

Rasa Barkauskiene, Vilnius University, Vilnius

Alfredas Laurinavicius, Vilnius University, Vilnius

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

