

Optimism Worksheet – Intro to Psychology

1. Define optimism in your own words:

2. List something optimism is NOT:

Another thing optimism is NOT:

Part 2: Real-Life Scenarios

1. Optimistic thought about taking a test:

Pessimistic thought:

Which thought helps more and why?

2. Optimistic explanation for a friend not texting back:

Pessimistic explanation:

Which explanation reduces stress and how?

Part 3: Thinking Styles

Rewrite: "I'll never understand science."

Rewrite: "My friends are mad at me forever."

Rewrite: "I always mess up everything."