

## WHAT IS YOUR POSITIVITY RATIO AS A STUDENT?

**Instructions:** How have you felt over the past year as a student? Look back over the past year and, using the 0-4 scale below, indicate the greatest amount that you've experienced each of the following feelings.

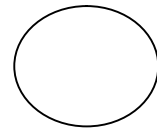
0 = not at all                      2 = moderately                      3 = quite a bit  
1 = a little bit                      4 = extremely

- \_\_\_\_\_ 1. The most amused, fun-loving, or silly you felt?
- \_\_\_\_\_ 2. The most angry, irritated, or annoyed you felt?
- \_\_\_\_\_ 3. The most ashamed, humiliated, or disgraced you felt?
- \_\_\_\_\_ 4. The most awe, wonder, or amazement you felt?
- \_\_\_\_\_ 5. The most contemptuous, scornful, or disdainful you felt?
- \_\_\_\_\_ 6. The most disgust, distaste, or revulsion you felt?
- \_\_\_\_\_ 7. The most embarrassed, self-conscious, or blushing you felt?
- \_\_\_\_\_ 8. The most grateful, appreciative, or thankful you felt?
- \_\_\_\_\_ 9. The most guilty, repentant, or blameworthy you felt?
- \_\_\_\_\_ 10. The most hate, distrust, or suspicion you felt?
- \_\_\_\_\_ 11. The most hopeful, optimistic, or encouraged you felt?
- \_\_\_\_\_ 12. The most inspired, uplifted, or elevated you felt?
- \_\_\_\_\_ 13. The most interested, alert, or curious you felt?
- \_\_\_\_\_ 14. The most joyful, glad, or happy you felt?
- \_\_\_\_\_ 15. The most love, closeness, or trust you felt?
- \_\_\_\_\_ 16. The most proud, confident, or self-assured you felt?
- \_\_\_\_\_ 17. The most sad, downhearted, or unhappy you felt?
- \_\_\_\_\_ 18. The most scared, fearful, or afraid you felt?
- \_\_\_\_\_ 19. The most serene, content, or peaceful you felt?
- \_\_\_\_\_ 20. The most stressed, nervous, or over-whelmed you felt?

Total positive (sum ratings on 1,4,8,11,12,13,14,15,16,19) = \_\_\_\_\_

Total negative (sum ratings on 2,3,5,6,7,9,10,17,18,20) = \_\_\_\_\_

Positivity ratio = Total Positive / Total Negative = \_\_\_\_\_ / \_\_\_\_\_ =



**Interpretation:** Positivity ratios of more than 3 to 1 are associated with flourishing, where as ratios of 2 to 1 or less are associated with languishing. To escape languishing and stabilize flourishing Barbara Fredrickson\* recommends changing what you do and how you live to increase positivity and decrease, but not eliminate, negativity. Consult her book, "Positivity" for examples of things to do to improve your positivity ratio.

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\* Fredrickson, B. (2009). *Positivity: Groundbreaking Research Reveals How to Embrace the Hidden Strength of Positive Emotions, Overcome Negativity, and Thrive*. New York: Random House.