Brief State Optimism Measure (B-SOM)

Instructions to participants: “Please rate how you are feeling right now about the weeks, months, and years to come.”

1. In thinking about the challenges in my life, I feel RIGHT NOW that ultimately:
2. In thinking about the challenges in the world, I feel RIGHT NOW that ultimately:

(0) (50) (100)

Things will get a lot worse Things will stay the same Things will get a lot better

(please a mark on the scale above)

Scoring: A higher numerical value indicates greater state optimism.