

# How's Your PMA?

Bill Collar - "All The Way With PMA!" [www.billcollar.com](http://www.billcollar.com)

*Do you see barriers or hurdles, obstacles or opportunities, problems or solutions? Your perspective can have a powerful influence on your well-being. Take this quiz to determine where you fall on the PMA scale. For each statement chose the ranking that describes you best. Then see the answer key below.*

*Adapted from the Optimism/Pessimism Instrument, developed by William N. Dember.*

**NOT AT ALL  
TRUE OF ME**

**VERY TRUE  
OF ME**

1 2 3 4

- |     |     |     |     |  |
|-----|-----|-----|-----|--|
| ___ | ___ | ___ | ___ | 1. It doesn't take me long to shake off a bad mood.                                  |
| ___ | ___ | ___ | ___ | 2. In general I try not to set my hopes too high so I won't be disappointed.         |
| ___ | ___ | ___ | ___ | 3. I can be comfortable with nearly all kinds of people.                             |
| ___ | ___ | ___ | ___ | 4. I believe in the saying, "Where there's a will, there's a way."                   |
| ___ | ___ | ___ | ___ | 5. I think it is hard to get ahead without cutting corners here and there.           |
| ___ | ___ | ___ | ___ | 6. I expect that I will achieve most of my life goals.                               |
| ___ | ___ | ___ | ___ | 7. I try to make light of my problems when possible.                                 |
| ___ | ___ | ___ | ___ | 8. I go out of my way to flatter important people.                                   |
| ___ | ___ | ___ | ___ | 9. Before an interview, I am usually confident that it will go well.                 |
| ___ | ___ | ___ | ___ | 10. In my opinion, honesty is always the best policy.                                |
| ___ | ___ | ___ | ___ | 11. When I make a decision on my own, it's usually a poor one.                       |
| ___ | ___ | ___ | ___ | 12. I have a tendency to make mountains out of molehills.                            |
| ___ | ___ | ___ | ___ | 13. If I had to choose between happiness and greatness, I'd choose greatness.        |
| ___ | ___ | ___ | ___ | 14. I'm afraid the future of mankind doesn't look too bright.                        |
| ___ | ___ | ___ | ___ | 15. When the weatherman predicts a 50 per cent chance of rain, I expect to see rain. |
| ___ | ___ | ___ | ___ | 16. My most difficult battles are with myself.                                       |

**My Score**

\_\_\_\_\_ **A.**

- \_\_\_\_\_ **B.**

**Answer  
Key**

*Disregard questions 8, 10, 13, and 16; they are "filler" questions, designed to minimize subconscious bias in your response. Add the numbers you selected for questions 1, 3, 4, 6, 7, and 9. Then add the numbers you selected for questions 2, 5, 11, 12, 14, and 15. Now subtract the second from the first total.*

**-18 to -5 Points**

You see the glass as half empty which may be your way of coping with anxiety. Negativity is most likely causing you to miss out on opportunities in life and excessive pessimism is associated with depression.

**-4 to 4 Points**

While you usually maintain a sense of hope, you're still highly aware of potential disappointments. Negative expectations may make it tough for you to feel excited about your prospects. Less enthusiasm can mean less motivation.

**5 to 10 Points**

From your perspective things usually work out. Your ability to focus on the potential for good allows you to see the best in yourself too. People who score in this category tend to be more outgoing, resilient, and happier.

**11 to 18 Points**

You are one of the few super-optimists. Only 10 percent of people score above 10 points. You are confident of your ability to shape situations to your advantage. Be careful of unrealistic expectations and overconfidence.