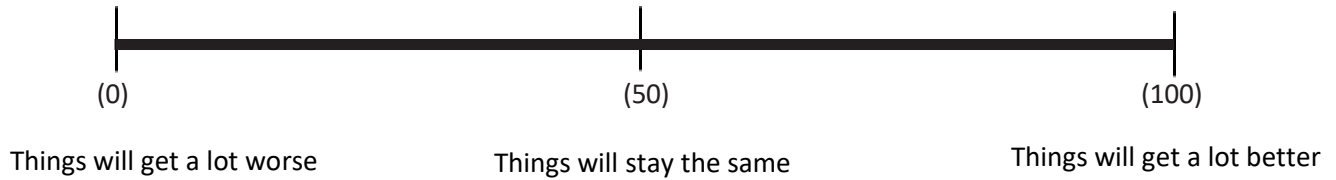


Brief State Optimism Measure (B-SOM)

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:



(place a mark on the scale above)

Scoring: A higher numerical value indicates greater state optimism.