



ENCOURAGE EXERCISE #9

Assessing My Attributional Style

Directions:

Try to imagine yourself in the following situations and answer the questions below for each one.

1. Try to imagine you have been recently laid off and are trying to find a new job.

- a) Write down one main cause for the situation:

- b) How likely is it that the cause you gave will continue to affect you (1= Never and 5=Always)?

- c) Is the cause you gave something that just effects this situation or does it affect other areas of your life (1=Just this situation to 5=All areas of my life)

2. Try to imagine a friend or colleague is very upset with you.

- a) Write down one main cause for the situation:

- b) How likely is it that the cause you gave will continue to affect you (1= Never and 5=Always)?

- c) Is the cause you gave something that just effects this situation or does it affect other areas of your life (1=Just this situation to 5=All areas of my life)

3. Try to imagine you have a serious injury.

a) Write down one main cause for the situation:

b) How likely is it that the cause you gave will continue to affect you (1= Never and 5=Always)?

c) Is the cause you gave something that just effects this situation or does it affect other areas of your life (1=Just this situation to 5=All areas of my life)

Scoring:

Calculate a total score by adding your responses to $1b+1c+2b+2c+3b+3c$. Your score ranges will range from 6 to 30.

Interpretation:

- **6-12:** Your scores suggest a tendency to utilize more of an optimistic explanatory style.
- **13-18:** your scores suggest a tendency to sometimes utilize both an optimistic and pessimistic explanatory style.
- **19-30:** your scores suggest a tendency to sometimes utilize a pessimistic explanatory style.