



## **ENCOURAGE EXERCISE #9**

### Assessing My Attributional Style

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**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  $1a+1b+2a+2b+3a+3c$ . 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.