

Bounce back: How positive psychology can give a post-pandemic boost to your family's wellbeing

Section 6.2 Realistic hope and optimism

Are you optimistic or pessimistic?

The interactive slider has a horizontal linear scale. On the left it says pessimist. In the middle it says realist. On the right it says optimist. The slider moves along the scale. Depending on where you position the slider on the scale, you get different feedback text.

In the first section of the scale, from pessimist towards realist, the feedback text says you may find it hard to filter out the risks in situations, which can sometimes stop you from taking action. You may find it naive to think that everything will turn out brilliantly.

In the second section of the scale, from before realist until after realist, the feedback text is you are aware of the risks in a situation but are also able to see some of the more positive aspects. This allows you to often take action, knowing that things might not go to plan.

The final section of the scale, from after realist until optimist, the feedback text is you tend to think that things always work out for the best in the end. You think less about the negative outcomes of taking action, preferring to worry about it later.