



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[Facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@gmail.com

www.YourBodyCanTalk.com

Name: _____

Date: _____

To find out how positive you are, answer these 15 questions as honestly as possible, using this scoring system: 5 = ALWAYS OR ALMOST ALWAYS; 4 = USUALLY; 3 = SOMETIMES; 2 = RARELY; 1 = NEVER.

POSITIVE PERSON QUIZ

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. When the unexpected forces you to change your plans, are you quick to spot a hidden advantage in this new situation?</p> <p>1 2 3 4 5</p> | <p>8. Do you believe the human race will survive into the twenty-second century?</p> <p>1 2 3 4 5</p> |
| <p>2. When you catch a stranger staring at you, do you conclude it's because he or she finds you attractive?</p> <p>1 2 3 4 5</p> | <p>9. Are you surprised when a friend lets you down?</p> <p>1 2 3 4 5</p> |
| <p>3. Do you like most of the people you meet?</p> <p>1 2 3 4 5</p> | <p>10. Do you think of yourself as happy?</p> <p>1 2 3 4 5</p> |
| <p>4. When you think about next year, do you tend to think you will be better off then than you are now?</p> <p>1 2 3 4 5</p> | <p>11. If a policeman stopped you for speeding when you were quite certain you <i>weren't</i>, would you firmly argue your case and even take it to court to prove you were right?</p> <p>1 2 3 4 5</p> |
| <p>5. Do you often stop to admire the things of beauty?</p> <p>1 2 3 4 5</p> | <p>12. Do you feel comfortable making yourself the brunt end of your own jokes?</p> <p>1 2 3 4 5</p> |
| <p>6. When someone finds fault with either you or something you've done, can you tell the difference between useful criticism and "sour grapes," which is better off being ignored?</p> <p>1 2 3 4 5</p> | <p>13. Do you believe that, overall, your state of mind has a positive effect on your physical health?</p> <p>1 2 3 4 5</p> |
| <p>7. Do you praise your spouse/lover/best friend more often than you criticize him or her?</p> <p>1 2 3 4 5</p> | <p>14. If you made a list of your 10 favorite people, would you be on it?</p> <p>1 2 3 4 5</p> |
| | <p>15. When you think back over the past few months, do you tend to remember your little successes before your setbacks and failures?</p> <p>1 2 3 4 5</p> |

Scoring

If you scored 65 or over, consider yourself a "superstar" - someone whose optimism is a powerful healing force.

75—65: Excellent! - You're a genuinely positive thinker.

64—55: Good - You're a positive thinker . . . *usually*.

54—45: Fair - Your positive side and your negative side are about evenly matched.

44—15: Do you see any consistent negative patterns? Where could you improve?

