

Explanatory Style Exercise

Stage 1:

Think about moderately emotional events in your life in each of the following categories:

- Successes in your personal life which make you feel good
- Successes in your career which make you feel good
- Adverse events in your personal life which make you feel low
- Adverse events in your career which make you feel low

For each of the above, think about how you usually respond and indicate where you usually are on the scales below:

HOW SUCCESSES AFFECT YOU

	1	2	3	4	5
Permanence	The feeling or effect will definitely be over soon	It will be over eventually	I'm not sure how long it will affect me	The feeling or effect will last a long time	I don't think the effect will ever go away
<i>Successes - personal life</i>					
<i>Successes - career</i>					
Pervasiveness	It doesn't affect other aspects of my life	It has a little impact on other aspects of my life	It affects much of my life	It has an effect on most of my life	It affects all my life
<i>Successes - personal life</i>					
<i>Successes - career</i>					
Personalisation	It was due to the particular circumstances	It was mainly due to circumstances	It was a combination of circumstances and my actions	It was mostly my responsibility	It was all my responsibility
<i>Successes - personal life</i>					
<i>Successes - career</i>					

HOW ADVERSITY AFFECTS YOU

	5	4	3	2	1
Permanence	The feeling or effect will definitely be over soon	It will be over eventually	I'm not sure how long it will affect me	The feeling or effect will last a long time	I don't think the effect will ever go away
<i>Adversity - personal life</i>					
<i>Adversity - career</i>					
Pervasiveness	It doesn't affect other aspects of my life	It has a little impact on other aspects of my life	It affects much of my life	It has an effect on most of my life	It affects all my life
<i>Adversity - personal life</i>					
<i>Adversity - career</i>					
Personalisation	It was due to the particular circumstances	It was mainly due to circumstances	It was a combination of circumstances and my actions	It was mostly my responsibility	It was all my responsibility
<i>Adversity - personal life</i>					
<i>Adversity - career</i>					

Stage 2:

Think about the following aspects of your explanatory style:

- The way in which you typically respond to success and adversity
- Any areas of your life where you could be more optimistic
- The influence this has on your morale
- The influence this has on your behaviour

Notes:
