**Positive Sentiment Override Quiz**

**Instructions:** Answer the following questions based on your recent interactions with your partner. For the first set, circle T for true, and F for false. For the second, circle the best answer.

**When My Partner Is in A Bad Mood I Usually:**

1. Feel like I’m going to get blamed for some problem T F
2. Want to find out just what my partner is feeling T F
3. Fear a storm of negative emotion may be headed my way T F
4. Assume my partner may simply be a little stressed T F
5. Assume that I am about to get personally attacked T F
6. Believe that I can probably help my partner feel better T F
7. Expect that my personality is about to get criticized T F
8. Want to comfort my partner, if I can T F
9. Just want my partner to be more positive T F
10. Think to myself, “Something awful must have happened” T F

**Odd numbered items with F answers:**

**Even numbered items with T answers:**

**Total number:**

**Scoring:** Count up the number of times you circled F for the odd numbered items, and add to that total the number of times you circled T for the even numbered items.

**6 or higher**: This means you have a strong friendship and overall your relationship feels more positive.

**Below 6**: This means your relationship tends to feel overly negative.