

OPTIMISM, PESSIMISM AND REALISM

The psychologist says, "Tell me, how does the level of the water in the glass make you feel?"



Optimism



Pessimism



Realism

They are hopeful of a better future

They are likely to have little hope for the future

They view the future based on the current opportunities

The world is full of potential opportunities for them

They find negative aspects in everything around them

They acknowledge both positive and negative aspects logically

Challenges are seen to be temporary and surmountable

They tend to remain passive when encountered with a challenge

They are not influenced by emotional biases and wishful thinking and face challenges practically

Optimism can lead to increased resilience and better emotional well-being

Pessimism can lead to increased stress and decreased satisfaction in life

This way individuals can take informed decisions after understanding circumstances

Quiz Optimism And Pessimism Bbc

L Cohen



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