

Instrument Title: POG (Positive Generalization)

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Here is how we administer the POG, followed by scoring instructions:

- 1 = I agree a LOT
- 2 = I agree a LITTLE
- 3 = I neither agree nor disagree
- 4 = I DISagree a LITTLE
- 5 = I DISagree a LOT

1. If I succeed at something, it makes me feel I will succeed in other areas as well.
2. If someone praises the way I express something, it makes me think I can write a popular book.
3. When I succeed at something, it makes me think about the successes in other areas of my life.
4. When people agree with me after I speak up in a group, it makes me think I could be elected to public office.
5. When an attractive person smiles at me, I can tell it means s/he is hot for me.
6. When something good happens to me, it makes me expect good things in other parts of my life too.
7. When people laugh at my jokes, it makes me think I could be a good talk-show host.
8. Having one thing go right for me can change me from feeling just OK to seeing all the good in myself.
9. When someone compliments me about something I've said, it makes me think about impressing lots of other people.
10. All it takes is one look from someone and I know that person is falling for me.
11. When one thing goes right, it makes me feel my possibilities are limitless.
12. When I have a small financial success, it makes me believe I could become a millionaire.
13. After one date goes well, it makes me think that person will be in love with me forever.
14. When I made my first friend in this town, I knew I was destined to be a big success socially.
15. When someone praises me for my efforts in a club or organization, it makes me think of being the head of the organization.
16. Having a single success makes me think of other successes.

Lateral generalization = items 1, 3, 6, 8, 11, and 16

Upward generalization = items 2, 4, 7, 9, and 15

Social generalization = items 5, 10, 12, 13, and 14