

“Negativity Addiction” Questionnaire

We all experience negative thoughts and emotions from time to time—it’s part of being human. However, for some people, **negativity** can become more than an occasional response to life’s challenges; it can turn into a **deeply ingrained habit** that shapes how they see the world, approach relationships, and even perceive themselves. This assessment is designed to help you identify whether you might be “addicted” to negativity—a pattern of thinking that unconsciously leads you to focus on the negative, even when there’s plenty of good around. The purpose of this assessment is to raise awareness about the ways in which negativity can take hold in our minds and behaviors. By answering these questions honestly, you’ll be able to **reflect on how negativity is influencing your performance, relationships, or decision-making**. This is not a diagnostic tool, but a way to explore your own patterns of thinking and open the door to more positive, constructive habits.

If you find that you relate to many of the statements in this assessment, it’s a signal to explore how you can shift toward more optimistic, solution-focused thinking. **Small mindset changes can make a big impact on your overall well-being, relationships, and success in life.**

Let's begin!

Statement	Never	Rarely	Some-times	Often	Always	#
I focus on the worst possible outcome in situations.	1	2	3	4	5	
I find myself complaining about things more than celebrating them.	1	2	3	4	5	
I expect negative outcomes, even when things are going well.	1	2	3	4	5	
When someone gives me good news, I immediately think of what could go wrong.	1	2	3	4	5	
I spend a lot of time thinking about mistakes I’ve made or failures I’ve had.	1	2	3	4	5	
I criticize others, even when there’s no real need to.	1	2	3	4	5	
I feel uncomfortable when things are going too well.	1	2	3	4	5	
I replay negative conversations or experiences in my mind frequently.	1	2	3	4	5	
I compare myself to others and feel like I come up short.	1	2	3	4	5	
I feel anxious or uneasy when I don't have something to worry about.	1	2	3	4	5	
I find it hard to believe that good things will last.	1	2	3	4	5	
I focus on problems rather than solutions.	1	2	3	4	5	
I think that others are out to get me or are being unfair.	1	2	3	4	5	

I find myself holding grudges or dwelling on past conflicts.	1	2	3	4	5	
I feel a sense of relief when things go wrong, as if it proves my concerns were justified.	1	2	3	4	5	
I focus on the worst possible outcome in situations.	1	2	3	4	5	
I find myself complaining about things more than celebrating them.	1	2	3	4	5	
Total						

Add up your score and review the table below:

Range	What this means!	Take Action!
15-30	Your Judge and Saboteurs dominate your life. They deceive you, making you believe you're powerless. They convince you that negativity keeps you safe, justifying your lack of success. You cling to despair as though it's a lifeline, but in reality, it's holding you back.	It's crucial to prioritize self-care now. You possess the power to shift towards a more positive and optimistic mindset, but it will require deep learning and serious commitment. Stop believing the lies of your Judge and seek support from a coach to help you reclaim control.
31-45	You experience frequent stress and have more days consumed by self-judgment or judgment of others than days spent in positivity, or what we call the "Sage" mindset.	The good news is that you do have positive days! Acknowledge and record these moments so you can replicate them. Be mindful of the Judge telling you that you can't succeed—because you can.
46-60	You tend to be optimistic, but stress and negativity from your inner Judge still surface more often than is helpful. While the momentary appearance of the Judge can be useful, alerting you to pay attention, the real question is: how long are you holding on? This may be limiting your growth.	The key is to take your hand off the "hot stove" more quickly. By understanding the Saboteurs that hold you back, you'll be able to recognize them faster and turn even the most difficult situations into opportunities for growth.
61-75	You're highly optimistic, always seeing the glass half full. However, your optimism may sometimes lead to a lack of empathy or an urge to "silver line" things for others too quickly. You might also judge others who can't see the good as easily as you do. Be careful not to overlook potential risks or sweep challenges under the rug too soon.	Even with a mostly positive outlook, everyone has Saboteurs. Learn to recognize the ones that trip you up without you realizing it. For example, the "Avoider" may convince you that problems aren't serious when, in fact, they need attention. Learning Positive Intelligence (PQ) can help you communicate positivity more effectively and strengthen your natural talent for optimism.

By intercepting negative thought patterns and reinforcing positive mental habits, PQ fosters resilience and stress management.

Follow these steps:

1. If you're feeling negative emotions STOP! You're in Saboteur mode!	
2. Do some PQ Reps to quiet Saboteurs and activate Sage.	
3. Assume the Sage Perspective that every problem can be converted into a gift & opportunity.	
4. Generate the gift by using the Sage powers like empathy, curiosity, creativity, and calm, clear-headed action.	    



To learn more about Positive Intelligence: [Positive Intelligence](#)



Download Positive Intelligence PDF: [PQbrochure](#)



To find out your personal Saboteurs for **free**: [Take the Saboteur Assessment | Positive Intelligence](#)



Schedule a **free** [“30-min Discovery Appointment”](#)



Coaching: www.lorinmask.com



Team and Organizations: www.pearce-lane.com

