



Positive Personality Scale (GBC-10)

(Altawil, 2020)

The caring scale is used to examine the level of positive personality. It is mainly used for youths and adults. It is made up of 10 phrases, each phrase has four choices as described below:

- (3) It happens often and always to me (>%80),
- (2) It happens sometimes (between %50 - %80),
- (1) It happens a little bit (<%50),
- (0) It does not happen at all.

In the last two weeks to this point, how much do you commit to the following characteristics:

No.	Statement	Level			
1	I am an optimistic person in life.	3	2	1	0
2	I am a self-accepting person.	3	2	1	0
3	I am flexible with life circumstances.	3	2	1	0
4	I am able to enjoy the good things in life.	3	2	1	0
5	I have the ability to control myself and do the right thing.	3	2	1	0
6	I am a sympathetic person and happy in helping others.	3	2	1	0
7	I am a humble person and I respect all people.	3	2	1	0
8	I am a honest person with myself and others.	3	2	1	0
9	I am a person who can forgive others' mistakes.	3	2	1	0
10	I can see my successes and achievement.	3	2	1	0
Total score: (/ 30)					

Scoring levels:

Poor Positivity

Scores from 1-9



Imbalanced Positivity

Scores from 10-20



Good Positivity

Scores from 21-25



Great Positivity

Scores from 26-30

