**Optimism vs. Pessimism**

**Pessimism, when you get used to it, is just as agreeable as optimism. *(Enoch Arnold Bennett)***

**I'm a pessimist because of intelligence, but an optimist because of will. *(Antonio Gramsci, political theorist)***

**The optimist proclaims that we live in the best of all possible worlds, and the pessimist fears this is true. *(James Branch Cabell, author)***

**The optimist sees a glass that is half full. The pessimist sees one that is half empty. The comedian George Carlin said that he sees a glass that is twice the size it needs to be. *(Joe Griffith, in Speaker’s Library of Business, p. 25)***

**A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. *(Winston Churchill)***

**A pessimist sees only the dark side of the clouds, and mopes; a philosopher sees both sides, and shrugs; an optimist doesn’t see the clouds at all – he’s walking on them. *(D. O. Flynn)***

**Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute. (G. B. Stern, author)**

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**The main difference between optimism and pessimism resides in the notion of memory. The pessimist aptly recalls the hurts and failures of yesterday, but simply cannot remember the plentiful possibilities of a new tomorrow. The optimist has a hopeful future already memorized. *(Charles E. Jinks)***

**“What’s the difference between an optimist and a pessimist?” I asked my husband. He thought for a minute before responding, “An optimist is the vista after another. Overcome by the sheer beauty, he paid it his ultimate compliment: “Everywhere I look is a screen saver!” *(Laurie Eynon, in Reader’s Digest)***

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**To the optimist, all doors have handles and hinges; to the pessimist, all doors have locks and latches. *(William Arthur Ward)***

**A psychiatrist with two young sons – one a pessimist, the other an optimist – tries an experiment. For Christmas, he fills the pessimist’s room with beautifully wrapped presents, while in the optimist’s room he dumps a huge heap of horse manure. On Christmas morning he finds his little pessimist, surrounded by gifts, crying, “What if I don’t like any of them?” The father then walks into the next room, where he finds his optimistic son excitedly digging through the odorous pile. “What are you doing?” yells the father. His optimistic son replies: “There’s gotta be a pony in here somewhere!” *(CENTREFOR OPTIMISM.COM)***

**Pessimists live in fear of their hope, optimists in fear of their fear. *(James Richardson, poet)***

**My experience has been that in the end when you fight for a desperate cause and have good reasons to fight, you usually win. I have experienced that more often than once, and you may object to my statement by calling me an optimist. A pessimist is a person who is always right but doesn’t get any enjoyment out of it, while an optimist is one who imagines that the future is uncertain. It is a duty to be an optimist, because if you imagine that the future is uncertain, then you must do something about. *(Edward Teller)***

**A pessimist sees a rise in gas prices as having less money to spend elsewhere. An optimist sees it as taking less time to put in $3 worth. *(Benjie Bender, in Reader’s Digest)***

**An optimist thinks the glass is half full; a pessimist thinks the glass is half empty. A realist knows that if he sticks around, he’s eventually going to have to wash the glass. *(Los Angeles Times Syndicate)***

**An optimist goes to the window every morning and says, “Good morning, Lord.” The pessimist goes to the window and says, “Good Lord, morning!” *(Steve Wilson, in Eat Dessert First, p. 43)***

**A lot of pessimists got that way by financing optimists. *(Gene Brown)***

**The pessimist may be right in the long run, but the optimist has a better time during the trip. *(Bits & Pieces)***

**Sam and Gus were neighbors, but different as night and day. Sam was a happy guy, always smiling, while Gus could find the downside to anything. One day, Sam stopped to show Gus his new hunting dog. Gus looked the hound over and muttered, “Don’t look like much of a dog.” Sam, determined to finally get a good word from his friend, proposed that they go duck hunting the next day, so Gus could see the dog in action. So the next day, they’re in a boat in the middle of the lake, and Sam shoots a duck. His new dog leaps out of the boat, runs across the top of the water, retrieves the duck, runs back again on top of the water, jumps back in the boat and lays the duck at Sam’s feet. Beaming with pride, Sam turns to Gus and says, “Now what have you got to say about this dog?” Gus shook his head and with great pity said, “He can’t swim, can he?” *(Betty Yaw, in Country magazine)***

**If it wasn't for the optimist, the pessimist would never know how happy he wasn't. *(Anonymous)***

**An optimist laughs to forget; a pessimist forgets to laugh. *(Tom Nansbury)***

**Why pessimists live longer. Developing a negative outlook may be the secret to living a longer, if not happier, life. A German study found that the more people underestimated their future life satisfaction, the less likely they were to die early or become disabled, AARP.org reports. Researchers asked 40,000 people between the ages of 18 and 96 to rate how happy they thought they'd be in five years on a scale of zero to 10; then, five years later, they checked in to see how they felt. They found that for every point by which a person had overestimated his or her future well-being, there was a 10 percent higher likelihood of death or disability in the following decade. "Pessimism about the future may encourage people to live more carefully, taking health and safety precautions," the study authors write. Surprisingly enough, people who were healthy and wealthy were more likely to expect the worst -- and thus survive in better shape -- than were people who had low incomes and poor health. People over 65 were the most likely to underestimate their future happiness, while people under 40 were the most unrealistically optimistic. (*The Week magazine, March 22, 2013)***

**The pessimist sees the difficulty in every opportunity; the optimist, the opportunity in every difficulty. *(L. P. Jacks)***

**A father had two sons, one a pessimist and the other an optimist. One day, the father thought he would put them to a test. He sent the pessimist into a room full of toys and the optimist into a room with a pile of horse manure in it. When he returned later, he went to the room where he left the pessimist and found him throwing a fit, complaining that he did not have more toys to play with. Then he went to the room where he left the optimist and found him digging in the manure. “What are you doing?” he asked. “I know there is a pony in here somewhere,” the boy replied. *(Nelson S. Spaulding, in The Saturday Evening Post)***

**The winner sees a green near every sand trap; the loser sees two or three sand traps near every green. *(William Arthur Ward)***

**Another example comes from Dr. Martin Seligman, a University of Pennsylvania psychologist who interviewed ninety-nine returning World War II soldiers about their war experiences. Dr. Seligman and his colleagues then tracked the soldiers’ health over a thirty-five-year period. Pessimistic respondents were more likely to have health problems such as hypertension, diabetes, or back trouble. They were also more likely to die by age fifty-five than those who outlooks were clearly optimistic. *(Unity magazine)***

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**An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. *(Bill Vaughan, life coach)***

**My parents said marrying was an optimistic thing to do in pessimistic times. *(Olivia Wilde, actress)***

**Between the optimist and the pessimist, the difference is droll. The optimist sees the doughnut; the pessimist the hole! *(Oscar Wilde)***

**The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised. *(George Will, columnist)***

**The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails. *(William Arthur Ward, author)***

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