There’s a landslide of evidence demonstrating the impact of Optimism on things that matter. Here are some of the key findings on Relationships and Social Support:

Relationships, Social Support and Networks

* Optimists report having greater social support than do pessimists (Srivastava et al., 2006; Assad et al., 2007)
* Optimists thrive in a wide range of social conditions, with the result that optimism is related to greater network size, and to ties with others that cross age, educational, and racial boundaries (Andersson, 2012)
* There is also evidence that having strong social networks can enhance optimism (Segerstrom, 2007)
* The social effects of optimism can be far-reaching. In one study, optimism (assessed 10 years previously) predicted greater resilience to developing loneliness late in life (Rius-Ottenheim et al., 2012).
* Optimists are more socially adept, friendly, and demonstrate higher levels of satisfaction with intimate relationships (Peterson & Vaidya, 2003; Srivastava et al., 2006).
* Evidence suggests that other people, in general, may like optimists better than pessimists (Helweg-Larsen et al., 2002)
* Optimism is associated with lower social alienation (Scheier & Carver, 1985)
* Optimism is associated with longer lasting friendships (Geers, Reilley, & Dember, 1998)
* Optimism leads to more satisfying and longer lasting relationships (Srivastava et al., 2006)
	+ Optimists and their partners:
		- Both experienced greater overall relationship satisfaction
		- Saw themselves and each other as engaging more positively in the conflict and as reaching a better resolution
	+ The relationships of male optimists lasted longer than the relationships of male pessimists
* Optimists report having more social support (Brissette et al., 2002)
* Child/parent relationships marked by the recollection of parental warmth, affection, nurturance, and concern enhance the likelihood of becoming an optimistic adult (Hjelle et al., 1996)
* Pessimism led to a withdrawal from social activities and more emotional distress and fatigue more breast cancer patients (Carver et al., 2003)
* Optimism predicts perceptions of greater supportiveness from one’s partner, which in turn predicted more positive engagement in conflict resolution (Srivastava et al., 2006)
* Optimism is associated with better relationship quality, with less negative interactions, and with higher levels of cooperative problem solving (Assad et al., 2007)
* People who display positive, rather than negative emotion, are more interpersonally attractive (Coyne, 1976)