

## ZIMBARDO TIME PERSPECTIVES

According to Zimbardo and Boyd (1999; 2008) there are 5 main Time Perspectives. I have taken these from their 1999 article “Putting Time in Perspective: A valid, reliable individual-differences metric”

**Past – Negative:** reflects a generally negative, aversive view of the past. Because of the reconstructive nature of the past, these negative attitudes may be due to actual experiences, unpleasant or traumatic events; or negative reconstructions of events.

**Past – Positive:** Whereas Past-Negative focuses on trauma, pain and regret, the Past-Positive factor reflects a warm, sentimental attitude towards the past.

**Present-Hedonistic:** reflects a hedonistic, risk-taking, “devil may care” attitude toward time and life. It suggests an orientation towards present pleasure with little concern for future consequences.

**Present-fatalistic:** reveals a fatalistic, helpless, and hopeless attitude toward the future and life.

**Future:** reflects a general future orientation. The Future scale suggests that behaviour is dominated by a striving for future goals and rewards.

The table below maps out the types of behaviours associated with each of the Time Perspectives.

<b><u>Past-Positive</u></b>	<b><u>Past-Negative</u></b>	<b><u>Present-Fatalist</u></b>	<b><u>Present-Hedonist</u></b>	<b><u>Future</u></b>
<p>Observes rituals, traditions; may be storytellers/nostalgic</p> <p>High rates of happiness positivity, high self-esteem</p> <p>Moderately energetic, friendly, creative</p> <p>Low rates of depression, aggression and anxiety</p>	<p>Not influenced by future consequences; may misremember the past in negative ways</p> <p>High anxiety, depression and aggression</p> <p>Low rates of self-esteem, emotional stability, impulse control, happiness and energy</p>	<p>Believe that nothing will work out so why bother. Luck is more important than hard work</p> <p>High aggression, anxiety, depression</p> <p>Low rates of concern for the future, self-esteem, conscientiousness, energy, emotional stability, happiness</p>	<p>Impulsive; tries to live life fully one day at a time, novelty and sensation seeking</p> <p>High energy, aggression, creativity</p> <p>Low ego control, conscientiousness, impulse control, emotional stability, preference for consistency.</p>	<p>Goal-oriented, prepares for tomorrow</p> <p>High correlation with conscientiousness, preference for consistency, ego control, energy, impulse control, reliability, trustworthiness</p> <p>Low levels of sensation seeking, aggression and depression</p>