A. I. M. QUESTIONNAIRE

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DIRECTIONS: The following questions refer to emotional reactions to typical life-events. Please indicate how YOU react to these events by placing a number from the following scale in the blank space preceding each item. Please base your answers on how YOU react, not on how you think others react or how you think a person should react

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Never 1 Almost Never 2 Occasionally 3 Usually 4 Always 5 Almost Always 6

1. When I feel happiness, it is a quiet type of contentment. 2

2. When a person in a wheelchair can’t get through a door, I have strong feelings of pity. 3

3. I get upset easily. 2

4. When I succeed at something, my reaction is calm contentment. 4

5. I get really happy or really unhappy. 2

6. I’m a really quiet person. 1

7. When I’m happy, I feel very energetic. 3

8. Seeing a picture of some violent car accident in a newspaper makes me feel sick to my stomach. 2

9. When I’m happy I feel like I’m bursting with joy. 2

10. I would get very upset if I got a traffic ticket. 3

11. Looking at beautiful scenery really doesn’t affect me much. 2

12. The weather doesn’t affect my mood. 3

13. Others tend to get more excited about things than I do. 2

14. I am not an extremely enthusiastic individual. 2

15. “Calm and cool” could easily describe me. 2

16. When I’m feeling well it’s easy for me to go from being in a good mood to being really joyful. 3

17. When I worry, it is so mild that I hardly notice it. 4

18. I get overly enthusiastic. 2

19. My happy moods are so strong that I feel like I’m ‘in heaven’. 2

20. When something bad happens, others tend to be more unhappy than I. 2

Scoring, Interpreting, and Analyzing the Aim Questionnaire

Scoring

This is a measure that is used to measure characteristic strength and weakness in how someone experiences their emotions. As you can see in your reading, it is important to understand how we experience our emotions and have that awareness, particularly in the forming of relationships. For this discussion, I would like for you to discuss: 1) What was it like to take this questionnaire?/What did you learn about in the process? 2) Knowing how we experience our emotions can assist in developing relationships with others. What are your thoughts/feelings about this?

I felt that it was a fun and engaging process to take this questionnaire. It was interesting to stop and focus on your own reaction to certain situations rather than others. Usually, we notice how other people are reacting and how they’re feeling, but we often forget to look at ourselves. I enjoyed the reflection that this questionnaire required. I also learned several things while completing this questionnaire. I think the biggest thing I saw was how much I don’t notice how I’m reacting in most of these situations. For things like “when I’m happy, I feel energetic”, or “others tend to get more excited than I do”, I had to think hard for these ones. It’s these situations that I’ve never really thought deeply about and looked back on how I was feeling. I also learned that the results of the questionnaire didn’t really surprise me. I ended up with a score that was much lower than the midpoint. A low score means that I’m relatively calm in most situations, and that is true. I’ve had people tell me that I don’t show when I’m happy or sad. My friends especially question why I never get upset when we lose a game, but it’s just because that’s the nature of things and I take things as they come. I also will just stop playing if I become frustrated, before it ever has a chance to become anger. I think that knowing about our emotions plays a big role in developing relationships with others. I feel that if we’re in touch with our reactions, it helps us when we’re around others. For instance, in a romantic relationship, a person who doesn’t show a lot of their emotion might seem like they are underreacting to their partner who is very expressive of their emotion. Knowing about your emotions will better help you communicate them better in situations like this even if you don’t show it. This applies to any other relationship as well.