

AIM Assessment
Do you tend to focus on the positive or the negative?
Developed by Robert Biswas-Diener and Ed Diener

Check each of the statements that might apply to you, and then add up the number of checks for each of the two sections:

Negative Thinking

- ___ I quickly notice the mistakes made by others
- ___ I often see the faults in other people
- ___ I see my community as a place full of problems
- ___ When I think of myself, I think of many shortcomings
- ___ When somebody does something for me, I usually wonder if they have an ulterior motive
- ___ When good things happen, I wonder if they will soon turn sour
- ___ When good things happen, I wonder if they might have been even better
- ___ I think frequently about opportunities that I missed
- ___ I regret many things from my past
- ___ When I think of the past, for some reason bad things stand out
- ___ When something bad happens, I ruminate on it for a long time
- ___ Most people will take advantage of you if you give them the slightest chance

Positive Thinking

- ___ I see much beauty around me
- ___ I see the good in most people
- ___ I believe in the good qualities of other people
- ___ I think of myself as a person with many strengths
- ___ When something bad happens, I often see a “silver lining” something good in bad events
- ___ I sometimes think about how fortunate I have been in life

____ When I think of the past, the happy times are most salient to me

____ I savor memories of pleasant past times

____ When I see others prosper, even strangers, I am happy for them

____ I notice the little good things others do

____ I know the world has problems, but it seems like a wonderful place anyway

____ I see many opportunities in the world

____ I am optimistic

Interpretation

Negative Thinking

Low 1 - 4

Medium 5 - 9

High 1 - 14

Positive Thinking

Low 1 - 4

Medium 5 - 8

High 9 - 13

Review the tips for increasing your positive emotions! Practice, practice, practice!

This was taken from the book Happiness Unlocking the Mysteries of Psychological Wealth, by Ed Diener and his son Robert Biswas-Diener.