

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.

NEVER 1	ALMOST NEVER 2	OCCASIONALLY 3	USUALLY 4	ALWAYS 5	ALMOST ALWAYS 6
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1. _____ When I accomplish something difficult I feel delighted or elated.
2. _____ When I feel happy it is a strong type of exuberance.
3. _____ I enjoy being with other people very much.
4. _____ I feel pretty bad when I tell a lie.
5. _____ When I solve a small personal problem, I feel euphoric.
6. _____ My emotions tend to be more intense than those of most people.
7. _____ My happy moods are so strong that I feel like I'm in heaven.
8. _____ I get overly enthusiastic.
9. _____ If I complete a task I thought was impossible, I am ecstatic.
10. _____ My heart races at the anticipation of some exciting event.
11. _____ Sad movies deeply touch me.
12. _____ When I'm happy it's a feeling of being untroubled and content rather than being zestful and aroused.
13. _____ When I talk in front of a group for the first time my voice gets shaky and my heart races.
14. _____ When something good happens, I'm usually much more jubilant than others.
15. _____ My friends might say I'm emotional.
16. _____ The memories I like the most are of those times when I felt content and peaceful rather than zestful and enthusiastic.
17. _____ The sight of someone who is hurt badly affects me strongly.
18. _____ When I'm feeling well it's easy for me to go from being in a good mood to being really joyful.
19. _____ "Calm and cool" could easily describe me.
20. _____ When I'm happy I feel like I'm bursting with joy.
21. _____ Seeing a picture of some violent car accident in a newspaper makes me feel sick to my stomach.

NEVER	ALMOST NEVER	OCCASIONALLY	USUALLY	ALMOST ALWAYS	ALWAYS
1	2	3	4	5	6

22. _____ When I'm happy I feel very energetic.
23. _____ When I receive a reward I become overjoyed.
24. _____ When I succeed at something, my reaction is calm and contentment.
25. _____ When I do something wrong I have strong feelings of shame and guilt.
26. _____ I can remain calm even on the most trying days.
27. _____ When things are going good I feel 'on top of the world'.
28. _____ When I get angry it's easy for me to still be rational and not overreact.
29. _____ When I know I have done something very well, I feel relaxed and content rather than excited and elated.
30. _____ When I do feel anxiety it is normally very strong.
31. _____ My negative moods are mild in intensity.
32. _____ When I am excited over something I want to share my feelings with everyone.
33. _____ When I feel happiness, it is a quiet type of contentment.
34. _____ My friends would probably say I'm a tense or 'high-strung' person.
35. _____ When I'm happy I bubble over with energy.
36. _____ When I feel guilty, this emotion is quite strong.
37. _____ I would characterize my happy moods as closer to contentment than joy.
38. _____ When someone compliments me, I get so happy I could 'burst'.
39. _____ When I am nervous I get shaky all over.
40. _____ When I am happy the feeling is more like contentment and inner calm than one of exhilaration and excitement.