

AIM for Happiness

A Assumption

If you're facing a problem, the first question to ask yourself is, "What assumptions am I making that might be contributing to the problem?"

For example, suppose you have a partner, and you'd like your partner to share more of his/her feelings with you. You might assume that constantly asking your partner to share feelings might be the way to achieve this goal, but what if instead it's only making your partner 'clam up' even more?

I Intention

The next question to ask yourself is, "What is my intention?" In other words, what are you trying to accomplish? Are your assumptions and motivations working together to help you accomplish your intention? If not, what would need to change about your assumptions and motivations in order to achieve your intention?

If what you're doing isn't working to accomplish your intention, is it possible to do something different?

M Motivation

Finally, ask yourself, "What is my motivation here?"

All behavior is purposeful. This means that people only engage in a behavior if there's a reward for it. This is even true of seemingly detrimental behaviors like substance abuse or emotional addictions. If we examine our motivations, we can truly be honest with ourselves about why we tend to engage in certain patterns of behavior. If we change our motivation, does it change our intention? Does it change the underlying assumptions?