

Decision Style Questionnaire

Please indicate **how you have been thinking in the last week** using the scale below. Place the number you chose in the space provided for each statement. There are no right or wrong answers.

1 = Very untrue of me 2 = Somewhat untrue of me 3 = Slightly untrue of me
4 = Slightly true of me 5 = Somewhat true of me 6 = Very true of me

1. _____ I have a lot to offer in a relationship.
2. _____ I have a lot of skills and abilities at work or school.
3. _____ I have many sources of reward in my life.
4. _____ I expect that in the future my relationships will improve.
5. _____ I expect that in the future my skills and abilities will improve.
6. _____ I expect that in the future I will have many rewarding experiences.
7. _____ I am usually able to make things turn out the way I'd like them to.
8. _____ Most things in life seem unpredictable to me.
9. _____ I don't like taking risks.
10. _____ I am very cautious.
11. _____ I focus a lot of my energy and drive on trying to achieve positive things.
12. _____ I focus a lot of my energy and time on avoiding negative things.
13. _____ When I achieve something, I do not enjoy it that much.
14. _____ I don't take credit for things I do achieve.
15. _____ I blame myself if things don't work out.
16. _____ I blame others if things don't work out.
17. _____ If I don't get what I want soon, I doubt that I'll ever get it.
18. _____ I get discouraged more easily than others do.
19. _____ If something doesn't work out, I tend to think other things won't work out.
20. _____ If something does work out, I think other things will work out.
21. _____ Even when things improve, I have a hard time seeing the improvement.
22. _____ Even a small negative change often seems like a big negative change.
23. _____ I need to know for sure that something will work out before I try it.
24. _____ I often wait a long time before I do things to help myself.
25. _____ I feel it is important for me to convince others or myself that my decisions are correct.

How I Explain Outcomes for Different Areas of My Life

When you fail or succeed in different domains or areas of your life, you may explain the outcome in different ways. You might explain your failure as a result of bad luck, lack of ability, lack of effort, or difficulty of the task. You might explain your success as a product of good luck, your ability, your effort, or the ease of the task. Look at each domain of your life and rate how you explain your failures and successes by writing next to each explanation a number from the scale below.

1 = Very untrue of me 2 = Somewhat untrue of me 3 = Slightly untrue of me
 4 = Slightly true of me 5 = Somewhat true of me 6 = Very true of me

Domains in my life	How I explain failure	How I explain success
School	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____
Work	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____
Romantic relationships	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____

(continued)

How I Explain Outcomes for Different Areas of My Life *(page 2 of 2)*

Domains in my life	How I explain failure	How I explain success
Friendships	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____
Family	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____
Health	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____
Finance	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____
Other	Luck _____ Effort _____ Ability _____ Difficult task _____	Luck _____ Effort _____ Ability _____ Easy task _____

Maximizing Questionnaire

Read each statement carefully and fill in the answer that best describes how you usually think or act. There are no right or wrong answers. Use the scale below.

1 = Very untrue of me 2 = Somewhat untrue of me 3 = Slightly untrue of me
4 = Slightly true of me 5 = Somewhat true of me 6 = Very true of me

1. I always want the very best. _____
2. I have a hard time settling for less than what I wanted. _____
3. It is difficult for me to feel satisfied. _____
4. I compare myself with people who have more rather than with people who have less. _____
5. I take a long time to decide because I want the best. _____
6. I compare the options but think there is something better that I could have. _____
7. I have difficulty making a commitment because I think a better option could come along. _____
8. It would really bother me not to have the best outcome possible. _____
9. Settling for less is something I find unacceptable at times. _____
10. I find it difficult to find a midpoint where I accept the trade-offs. _____

Scoring: Add up your scores in the right column to get your Maximizing Score. Scores above 35 indicate somewhat of a tendency toward maximizing and scores above 45 indicate a strong tendency toward maximizing.

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Regret Questionnaire

Read each statement carefully and fill in the answer that best describes how you usually think or act. There are no right or wrong answers. Use the scale below.

1 = Very untrue of me 2 = Somewhat untrue of me 3 = Slightly untrue of me
4 = Slightly true of me 5 = Somewhat true of me 6 = Very true of me

1. I look back at my past decisions and feel concerned I could have made a better decision. _____
2. When I think about making a decision, I worry that I will be dissatisfied with the outcome. _____
3. Thoughts about past decisions seem to bother me a lot. _____
4. I often think about how my life would be better if I had made different decisions. _____
5. I often think I should have known better about past decisions I have made. _____
6. It's sometimes hard for me to decide because I think I will be self-critical if things don't turn out well. _____

Scoring: Add up your scores in the right column to get your Regret Score. Scores above 22 indicate somewhat of a tendency toward regret and scores above 26 indicate a strong tendency toward regret.

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Your Biases in Overestimating Risk

Bias in overestimating risk	Example	How this affected your decision
You don't see nonevents		
You place more emphasis on what has happened recently		
You focus on recurring events		
You ignore probabilities		
You rely on intense imagery		
You use your emotions to estimate risk		
You think that negative events will lead to chain reactions and trapdoors		
You believe you lack control		
Even if the probability of something happening is low, you think, "This time is different"		
You think, "I could be the one"		

Your Biases in Underestimating Risk

Bias in underestimating risk	Example
Cumulative exposure: The Russian roulette approach	
Hedonistic reasoning	
Focusing on ridding yourself of uncomfortable feelings	
Underestimating the likelihood of forming bad habits	
Believing what you want to believe	
"Everyone else is doing it, so it must be a good idea"	