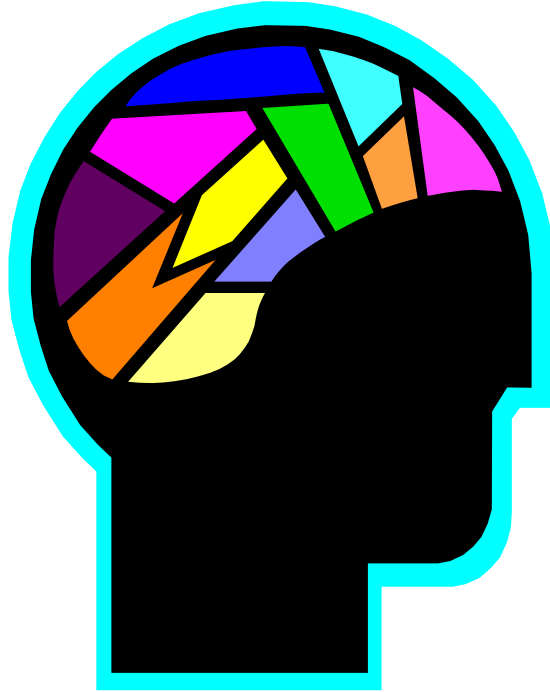


Learning Your Personality



This questionnaire is designed to help you learn more about your personality, which affects the way you view life and the people with whom you have relationships. The more we know about ourselves, the more productive and successful we are in all of life's endeavors.

The questionnaire consists of a number of questions, each followed by four different answers. For each question, select the answer, which best describes your **strongest** tendency.

Tips for completing the questionnaire;

- 1) Unless otherwise directed, answer each question from your earliest recollections of yourself. Personality is an innate quality, and will provide perspective into whom "you are" versus whom "you have become".
- 2) First, mark the answers, which come to you most readily, then go back and complete those questions, which are more difficult.
- 3) If necessary, ask someone you trust for feedback on a hard question. This could provide a helpful perspective on how you are perceived.
- 4) Strive to choose answers that are most often typical of your thoughts and/or actions. Don't choose how you want to be – choose how you are!

Personality Profile

Directions: Mark and "X" by the one word or phrase that best describes what you are like *most of the time*. Choose only one response from each group.

PERSONALITY STRENGTHS & LIMITATIONS

1. a)___ opinionated
b)___ nurturing
c)___ inventive
d)___ outgoing
2. a)___ dominant
b)___ sympathetic
c)___ tolerant
d)___ enthusiastic
3. a)___ decisive
b)___ loyal
c)___ contented
d)___ playful
4. a)___ assertive
b)___ reliable
c)___ kind
d)___ sociable
5. a)___ action-oriented
b)___ analytical
c)___ easygoing
d)___ carefree
6. a)___ determined
b)___ detail conscious
c)___ a good listener
d)___ a party person
7. a)___ responsible
b)___ idealistic
c)___ considerate
d)___ happy
8. a)___ power-oriented
b)___ perfectionist
c)___ indecisive
d)___ self-centered
9. a)___ self-serving
b)___ suspicious
c)___ unsure
d)___ naive
10. a)___ arrogant
b)___ worry prone
c)___ silently stubborn
d)___ flighty
11. a)___ bossy
b)___ self-critical
c)___ reluctant
d)___ a teaser
12. a)___ critical of others
b)___ overly sensitive
c)___ shy
d)___ obnoxious
13. a)___ demanding
b)___ unforgiving
c)___ unmotivated
d)___ vain
14. a)___ impatient
b)___ moody
c)___ passive
d)___ impulsive
15. a)___ strong-willed
b)___ respectful
c)___ patient
d)___ fun-loving
16. a)___ independent
b)___ dependable
c)___ even-tempered
d)___ trusting

17. a)___ powerful
b)___ deliberate
c)___ gentle
d)___ optimistic
18. a)___ logical
b)___ emotional
c)___ agreeable
d)___ popular
19. a)___ pragmatic
b)___ well-behaved
c)___ accepting
d)___ spontaneous
20. a)___ task-oriented
b)___ sincere
c)___ diplomatic
d)___ lively
21. a)___ direct
b)___ creative
c)___ adaptable
d)___ a performer
22. a)___ confident
b)___ disciplined
c)___ pleasant
d)___ charismatic
23. a)___ argumentative
b)___ unrealistic
c)___ directionless
d)___ an interrupter
24. a)___ aggressive
b)___ frequently depressed
c)___ ambivalent
d)___ forgetful
25. a)___ insensitive
b)___ judgmental
c)___ boring
d)___ undisciplined
26. a)___ always right
b)___ guilt prone
c)___ unenthusiastic
d)___ uncommitted
27. a)___ merciless
b)___ thoughtful
c)___ uninvolved
d)___ a show-off
28. a)___ tactless
b)___ hard to please
c)___ lazy
d)___ loud
29. a)___ calculating
b)___ self-righteous
c)___ self-deprecating
d)___ disorganized
30. a)___ intimidating
b)___ careful
c)___ unproductive
d)___ afraid to face facts

SITUATIONS

31. If I applied for a job, a prospective employer would most likely hire me because I am:
 - a. Driven, direct and delegating
 - b. Deliberate, accurate, and reliable
 - c. Patient, adaptable, and tactful
 - d. Fun-loving, spirited, and casual

32. When involved in an intimate relationship, if I feel threatened by my partner, I :
 - a. Fight back with facts and anger
 - b. Get emotional, feel hurt, and plan revenge
 - c. Become quiet, withdrawn, and often hold anger until I blow up over some minor issue later
 - d. Distance myself and avoid further conflict

33. For me, life is most meaningful when it:
 - a. Is task-oriented and productive
 - b. Is filled with people and purpose
 - c. Is free of pressure and stress
 - d. Allows me to be playful, lighthearted, and optimistic

34. As a child, I was:
 - a. Stubborn, bright, and/or aggressive
 - b. Well-behaved, caring, and/or depressed
 - c. Quiet, easygoing, and/or shy
 - d. Too talkative, happy, and/or playful

35. As an adult, I am:
 - a. Opinionated, determined, and/or bossy
 - b. Responsible, honest, and/or unforgiving
 - c. Accepting, contented, and/or unmotivated
 - d. Charismatic, positive, and/or obnoxious

36. As a parent, I am:
 - a. Demanding, quick-tempered, and/or uncompromising
 - b. Concerned, sensitive, and/or critical
 - c. Permissive, easily persuaded and/or often overwhelmed
 - d. Playful, casual, and/or irresponsible

37. In an argument with a friend, I am most likely to be:
 - a. Verbally stubborn about facts
 - b. Concerned about others' feelings, and principles
 - c. Silently stubborn, uncomfortable, and/or confused
 - d. Loud, uncomfortable, and/or compromising

38. If my friend was in trouble, I would be:
 - a. Protective, resourceful and recommend solutions
 - b. Concerned, empathetic, and loyal – regardless of the problem
 - c. Supportive, patient, and a good listener
 - d. Non-judgmental, optimistic, and downplaying the seriousness of the situation

39. When making decisions, I am:
- Assertive, articulate and logical
 - Deliberate, precise, and cautious
 - Indecisive, timid, and reluctant
 - Impulsive, uncommitted, and inconsistent
40. When I fail, I feel:
- Silently self-critical, yet verbally stubborn and defensive
 - Guilty, self-critical, and vulnerable to depression – I dwell on it
 - Unsettled and fearful, but I keep it to myself
 - Embarrassed and nervous – seeking to escape the situation
41. If someone crosses me:
- I am angered, and cunningly plan ways to get even quickly
 - I feel deeply hurt and find it almost impossible to forgive completely. Generally, getting even is not enough
 - I am silently hurt and plan to get even and/or completely avoid the other person
 - I want to avoid confrontation, consider the situation not important enough to bother with, and/or seek other friends
42. Work is:
- A most productive way to spend one's time
 - A healthy activity, which should be done right if it's to be done at all. Work should be done before one plays
 - A positive activity as long as it is something I enjoy and don't feel pressured to accomplish
 - A necessary evil, much less inviting than play
43. In social situations, I am most often:
- Feared by others
 - Admired by others
 - Protected by others
 - Envied by others
44. In a relationship, I am most concerned with being:
- Approved of and right
 - Understood, appreciated, and intimate
 - Respected, tolerant, and peaceful
 - Praised, having fun, and feeling free
45. To feel alive and positive, I seek:
- Adventure, leadership and lots of action
 - Security, creativity, and purpose
 - Acceptance and safety
 - Excitement, playful productivity, and the company of others

Total a's _____ Total b's _____ Total c's _____ Total d's _____