

## TEMPERAMENT INVENTORY

Here are some questions about the way you think, feel and behave in different Situations. Next to each question is a space for answering "yes", "no" or "?" (meaning "I don't know" or "sometimes"). Decide what is your usual way of acting or feeling when you are alone, or in the presence of your partner and/or immediate family.

Work quickly and don't spend too much time over any one question. Your first reaction is usually more accurate than a long drawn-out thought process.

Try to answer "yes" or "no" as often as possible. Mark the "?" answer only when you are really not sure, or when the truth is definitely somewhere in-between.

Make sure that you answer every question and remember that there are no right or wrong answers. This is not a test of ability or maturity, but simply a pointer to the way you think, feel and act.

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|---|-----|---|----|
| 1. Do you normally eat faster than other people even when there is no reason to hurry?                    | YES | ? | NO |
| 2. When people give you a compliment, do you generally believe them?                                      | YES | ? | NO |
| 3. Would you generally prefer to stay home and do your own thing, rather than go out visiting friends?    | YES | ? | NO |
| 4. Do you sometimes feel that you don't care what happens to you?   | YES | ? | NO |
| 5. When catching a train or a bus (or a plane), do you often arrive at the last minute?                   | YES | ? | NO |
| 6. Are you usually easy-going - not easily agitated?  | YES | ? | NO |
| 7. Do you usually think carefully before deciding anything?   | YES | ? | NO |
| 8. Do you become irritated quickly when things are not in their proper place?                             | YES | ? | NO |
| 9. Do you often gesticulate with your hands when you talk to someone?                                     | YES | ? | NO |
| 10. Do you find it relatively easy to keep your emotions under control?                                   | YES | ? | NO |
| 11. Are you often suspicious of other people's motives?   | YES | ? | NO |
| 12. Do you frequently feel that people frown upon the things that you do and say?                         | YES | ? | NO |
| 13. When driving in a car, do you often get frustrated in slow-moving traffic?                            | YES | ? | NO |
| 14. Are you on the whole satisfied with your physical appearance?   | YES | ? | NO |
| 15. Do you normally find it difficult to go up to strangers at a social gathering and introduce yourself? | YES | ? | NO |
| 16. Do you often feel restless as though you are looking for something but you're not sure what?          | YES | ? | NO |

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|--|----------|
| 17. Do people who drive very cautiously generally get on your nerves?  | YES ? NO |
| 18. Do <i>you</i> usually make up your own mind regardless of what other people might think of your decision?  | YES ? NO |
| 19. When you want to buy an expensive article can you normally save up for it patiently?   | YES ? NO |
| 20. Do you have some bad habits that you sometimes feel you ought to have discarded long ago?  | YES ? NO |
| 21. Do other people usually know what you are thinking and feeling?  | YES ? NO |
| 22. Would you say that on the whole you are satisfied with your life up to now?  | YES ? NO |
| 23. Do you plan most of your activities well ahead of time?  | YES ? NO |
| 24. Do you generally spend a good deal of time worrying over financial matters?  | YES ? NO |
| 25. Do you usually show your impatience when someone has kept you waiting?   | YES ? NO |
| 26. When you feel downhearted, do you normally try to find someone to cheer you up?  | YES ? NO |
| 27. Would you generally prefer to see a documentary rather than a comedy on TV?  | YES ? NO |
| 28. Are you frequently bothered by a guilty conscience?  | YES ? NO |
| 29. Do you often find that when you have crossed a busy street, you have left your more careful companions on the other side?                              | YES ? NO |
| 30. When you have made a social blunder, can you normally forget about it quite easily?  | YES ? NO |
| 31. Would you generally keep your opinions to yourself if you thought it might upset someone present?  | YES ? NO |
| 32. When you see a picture on the wall hanging skew, do you usually have difficulty in concentrating until it has been put straight?                       | YES ? NO |
| 33. Do you think it pointless to analyse your own thoughts and feelings regularly?   | YES ? NO |
| 34. Do you usually have specific goals and a definite sense of direction in your life?   | YES ? NO |
| 35. If someone in a social group expresses a point of view that differs from yours, would you normally keep quiet rather than tell them that you disagree? | YES ? NO |
| 36. Do you often feel that there isn't much in your life that you can be proud of?   | YES ? NO |
| 37. Are you usually very talkative when you are with people whom you know?   | YES ? NO |
| 38. Do you generally feel that your life is useful and contributes to society?   | YES ? NO |

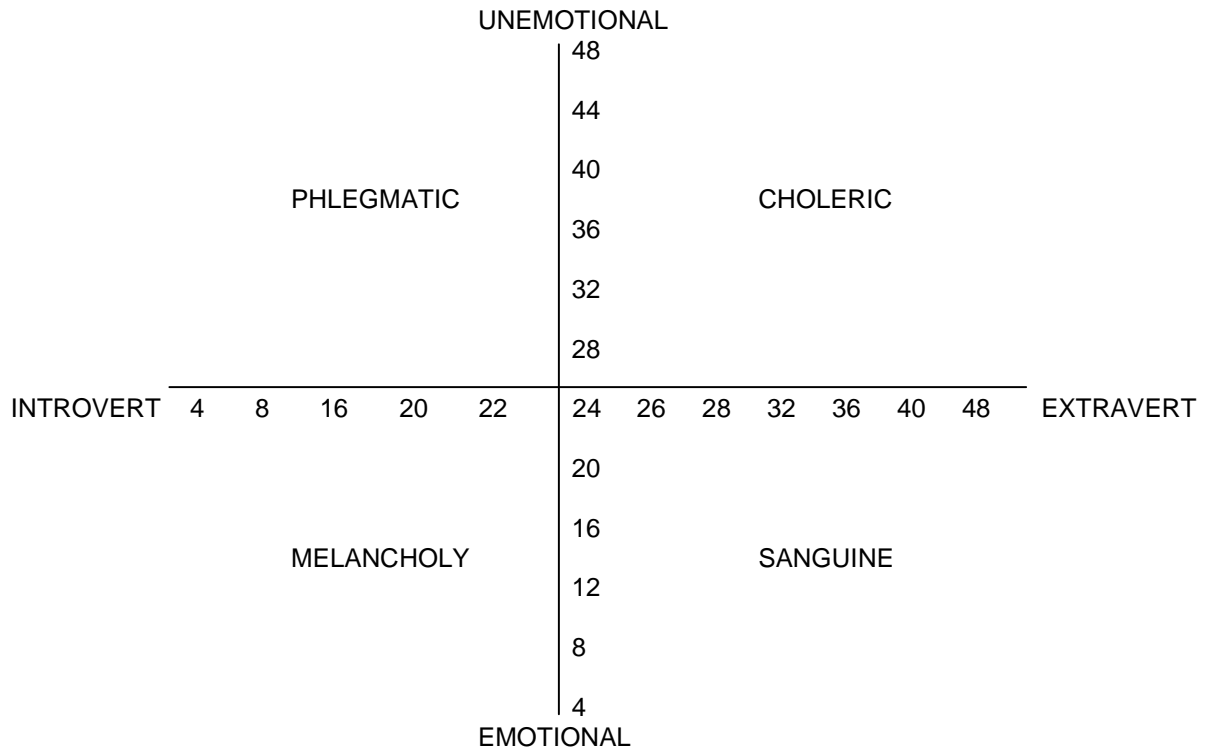
39. When buying an electrical appliance, do you usually read the guarantee before making the purchase? YES ? NO
40. Do you frequently prefer to do a task yourself rather than delegate it to someone else - for fear that they might not do it as well as you would? YES ? NO
41. Do you often say and do things on the spur of the moment? YES ? NO
42. When you have done something wrong, can you normally forget about it quickly and focus on the future? YES ? NO
43. Are you generally inclined to be deliberate and unhurried in your actions? YES ? NO
44. Do you at times keep quiet for fear that people might criticize or laugh at your point of view? YES ? NO
45. Do you often tell jokes and funny stories to your friends? YES ? NO
46. Does your future on the whole seem promising and bright to you? YES ? NO
47. Do you frequently think about your past and the course that your life might have taken? YES ? NO
48. After you have completed an important task, do you often feel that you should have done it better? YES ? NO

### **CALCULATING YOUR SCORE**

- E-A: Score 2 points for every "yes" answer, and 1 point for every "?" answer, on each of the following questions:  
1, 5, 9, 13, 17, 21, 25, 29, 33, 37, 41, 45 →
- E-B: Score 2 points for every "no" answer, and 1 point for every "?" answer, on each of the following questions:  
3, 7, 11, 15, 19, 23, 27, 31, 35, 39, 43, 47 →
- Add the E-A and E-B scores together for the **EXTRAVERT** score →
- U-A: Score 2 points for every "yes" answer, and 1 point for every "?" answer, on each of the following questions:  
2, 6, 10, 14, 18, 22, 26, 30, 34, 38, 42, 46 →
- U-B: Score 2 points for every "no" answer, and 1 point for every "?" answer, for each of the following questions:  
4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48 →
- Add the U-A and U-B scores together for the **UNEMOTIONAL** score  
(Ladies, subtract 4 points before writing in your score) →

## ***INTERPRETING YOUR SCORE***

Mark the EXTRAVERT score on the horizontal axis of the diagram below, and your UNEMOTIONAL score on the vertical axis. Draw perpendicular lines to indicate your position with regard to your dominant temperament.



**PLEASE NOTE:** The results of a questionnaire like this are suggestive rather than absolute. Your mood at the time of answering may influence your responses quite a good deal. You may therefore find that you have some characteristics that apply to a temperament different from the one indicated on your scoring sheet.