

Name: \_\_\_\_\_

## QUICK SELF-ASSESSMENT - WHAT IS YOUR PERSONALITY TYPE?

### Instructions

Before we go any further, let's identify your natural, inborn, hard-wired preferences which make up your Personality Type! The following self-assessment contains questions which ask you to choose between two answers. Simply put a checkmark next to the answer that seems most like you. Do not spend time analyzing the questions or your answers. Choose the first answer which seems like you when you feel most like yourself.

There are two things you need to keep in mind to be sure you are in the correct frame of mind as you answer the questions:

1. People do things for two different reasons – either it's a **natural**, inborn preference, or it's a **learned** behavior. You sometimes do things the way you **naturally** would do them and you sometimes do things the way you have **learned** to do them. The self-assessment is designed to help you identify how you **naturally** would do things.

If you break your arm and it's the one you **naturally** prefer to use, you can get better at using your other one. But chances are, when the cast comes off, you will immediately go back to using the one you prefer **naturally**. Again, this self-assessment is designed to identify how you **naturally** would do things – how your brain is **naturally** "hard-wired".

2. There are no "right" or "wrong" answers. As you now know, there are 16 different Personality Types and each one has its own strengths, potential stressors, and suggestions for dealing with stress. Answer the questions with the first answer that seems like you at your best, rather than spending time analyzing the questions. Your first reaction is the best answer!

Again, do not spend time analyzing the questions or your answers. Choose the first answer which seems like you when you feel your best. It will be your best answer.

When you finish, use the scoring sheet to determine your assessment of your Personality Type.

Turn The Page To Begin The Assessment

## Quick Self-Assessment of Personality Type - Page 1

### When invited to a social function where I'm not likely to know anyone I usually:

	Look forward to meeting lots of new people.	OR	Dread going and hope that I will find someone I know.	
	Introduce myself to many people and talk easily with them. I enjoy small talk!	OR	Observe, listen and speak mostly when spoken to. I don't like small talk!	

### My friends would tell you

	I tend to usually say what's on my mind.	OR	I tend to share my thoughts and feelings mostly with a few carefully chosen people.	
	I tend to usually be rather talkative.	OR	I'm known as a rather quiet person.	
	People pretty much know about what's going on in my life.	OR	They often wonder what is going on in my head.	
	I have lots and lots of friends. Everywhere we go, I'm bound to see somebody I know!	OR	I have a few very close friends and don't really feel the need to be that popular.	
	The more friends, the better because I can always find someone to do something with!	OR	I mostly hang out with the same people and I like it that way. I don't need too many people in my life.	
	I prefer to be around people most of the time rather than to be by myself too much.	OR	I enjoy spending a lot of time by myself -- reading, or writing or just thinking.	
	I don't shy away from the spotlight; I can even be quite entertaining!	OR	I prefer to stay in the background and observe; I would not want to make a fool of myself.	
	I might get loud and talk with my hands - especially if I'm excited about things!	OR	I tend to talk quietly and even laugh quietly so as not to draw too much attention to myself.	
	I enjoy crowds and get energized by all the hustle and bustle!	OR	I prefer quiet environments and even quiet people; silence is good for my mood	
	I enjoy being up doing things rather than sitting around or doing paperwork!	OR	I enjoy working on something quietly and can easily do it for long periods of time.	

### When learning to do something new

	I prefer a "hands-on" approach -- learning by doing.	OR	I prefer to watch someone else do something before I try doing it myself.	
	I prefer face-to-face interaction so I can ask questions.	OR	I prefer to read ahead so I can think about things before having to do them and figure out if I still have questions before I watch a demonstration.	

### When I want to express my thoughts or opinions

	I prefer to talk them over with someone -- it seems to help me clarify my thoughts.	OR	I prefer to think or even write about what I would like to say and how I would like to say it.	
	I enjoy getting up in front of people and extemporaneously talking about my views.	OR	I enjoy writing about my views and saying things exactly the way I want to say them.	

TURN THE PAGE FOR MORE QUESTIONS

## Quick Self-Assessment of Personality Type - Page 2

### When I listen to what people are saying

I tend to tend to like them to be specific and keep things simple.	OR	I enjoy an intellectual challenge of figuring something out.	
I like them to give me the facts and details up-front to help me understand.		I like to know the purpose of what they are telling me so I can put it into context before hearing the details.	
I tend to think about whether or not they seem to be realistic.	OR	I am interested if they seem to be interesting, unique and imaginative.	
I prefer listening to someone who has a common sense approach.	OR	I like listening to someone who has new ideas.	
I like to hear all the details and go along for the ride.	OR	I like to know why they are telling me something before I hear too many details.	
I like to visualize all the details as they talk.	OR	I like to think about how what they are saying relates to other things I know.	

### When I do something:

I want to know the proper way of doing it. And, I like doing things again and again so I can perfect them.	OR	I tend to get bored if I have to do the same thing in the same way over and over again; I like to experiment with new ways of doing something.	
Once I begin, I usually focus on the details needed to complete a job.	OR	After working for a while, I realize I need to pull myself back from all the interesting tangents I've followed.	
I want to know the practical use. I don't like to waste time on things I don't absolutely need to know.	OR	I sometimes find that ideas are interesting even if I'm not sure exactly how they could be used.	
I tend to rely on my past experience to guide me.	OR	I tend to rely on my knowledge of how things work to guide me.	
If I (or someone I know) has done something before, that gives me a pretty good idea of how it will turn out next time.	OR	I tend to believe that experience is only one factor and doesn't necessarily predict how things will turn out.	
I like doing something that feels comfortable. I have a favorite restaurant and a dish I am very likely to order there. I like knowing I can depend on it to be exactly the way I like it.	OR	I like to experiment with things that I haven't done before. I like to try new restaurants and I like to try foods that I haven't tried before to see what they are like.	
I can be counted upon to hold up family traditions. I enjoy the feeling of ritual and the dependability of events done in traditional ways.	OR	I can be counted upon to take a unique approach, collect or wear unique items, or think of unusual ways to celebrate traditional events.	
I like to do it the way others do.	OR	I really like to do it my way.	
I like to start with the facts and then I can more easily understand the theory behind the facts.	OR	I like to start with the theory and then I can more easily remember the details about specific examples.	
I find I get pleasure from knowing I can do something well.	OR	I find I get pleasure from finding a new way to do something.	
I like using checklists and procedures because they help me do things right.	OR	I dislike having to follow a checklist or a procedure because it hinders my creativity.	

TURN THE PAGE FOR MORE QUESTIONS



## Quick Self-Assessment of Personality Type - Page 3

### Whenever I face a problem:

	I pride myself on my ability to look at it objectively.	OR	I need to understand how everyone involved feels about it.	
	I tend to make a list of pros and cons or use some type of analytical tool to better understand the situation.	OR	I tend to study the situation and the people involved to be sure I understand everything that is going on with each of them.	
	I try to stay as objective as possible so that I make a good decision.	OR	I try to stay as compassionate as possible so that I am fair with everyone.	
	I can usually figure out the correct solution right away as long as I have all the facts.	OR	I hesitate when choosing a solution sometimes because I do not want to hurt people.	
	I like to get it out in the open and deal with it.	OR	I often go along with others just to get the problem behind us.	
	I want to be sure all my questions are answered before moving on.	OR	I believe my questions will be answered in time so unless they are very important, I usually wait and see.	
	Other people sometimes think I am confrontational.	OR	Other people sometimes wonder what I really think about the situation.	
	I want to understand everything that is wrong.	OR	I like to focus on what is working so we can build on that.	
	I want to convince people to adopt my solution once I have things figured out.	OR	I want to get everybody on the same sheet of music so I continue to look for other win-win scenarios even after I think I know what is best.	
	I get upset if I can't do what seems right because others won't agree.	OR	I like to support what the majority of people want to do.	
	I tend to easily notice what is wrong.	OR	I tend to easily notice what is right.	

### When working with others:

	I just expect them to do whatever it takes to get the job done; that's what they are here to do.	OR	I am appreciative of the work people do to get the job done; I enjoy it when everyone is happy and productive.	
	I sometimes have to make tough decisions and so I just do it.	OR	I work very hard to get people to agree and go along with a decision especially if it is unpopular.	
	I focus on the problem and the solution; I am not here to win a popularity contest.	OR	I like to use gentleness and affection to get people on board with a solution.	
	I will point out mistakes so that people don't make the same mistake twice.	OR	I will point out a mistake when it is important enough and I will also point out what they do well to balance my comments.	
	I like working with people who like to discuss the project and even argue about which approach might be best.	OR	I like working with people who get along together well and don't have too many questions.	
	I am sometimes seen as confrontational.	OR	I am sometimes seen as deferential.	
	I am frustrated when people want to revisit decisions we have already made.	OR	I am frustrated when people want to implement decisions without taking all the impacts into consideration.	

TURN THE PAGE FOR MORE QUESTIONS

## Quick Self-Assessment of Personality Type - Page 4

### My best days are the ones:

	When I know what I am going to do and then I am able to do it without any interruptions.	OR	Something interesting comes up and I am able to drop everything and just go do it.	
	When I have prepared thoroughly and things go smoothly.	OR	Everything just seems to come together.	
	When my time is used wisely and I get things done in the time I allotted to them.	OR	I enjoy my day and I learn something new and unexpected.	
	I am able to complete a project.	OR	When I have something interesting to do.	
	When I am busy and getting things done.	OR	When I end up learning something unexpected.	
	When I can work on one thing at a time.	OR	When I can pick and choose what I work on depending on my mood.	
	When I feel organized and efficient.	OR	When I feel inspired and energized.	
	When my well-deserved, well-planned vacation goes just the way I planned it.	OR	When I discover something new and unexpected and do it instead of what I thought I was going to do for vacation.	
	When I am in my routine and have my rhythm.	OR	When I am in the mood and everything is flowing.	

### When I work on a project:

	I like to plan it out ahead of time so that I know what needs to be done and how much time it will take me to complete it.	OR	I like to start it and see where it takes me – it is exciting to discover more as I move along.	
	I like to follow procedures that have worked before.	OR	I like to change things up and try new ways of doing things.	
	I tend to organize it so it flows well and will be done on time.	OR	I tend to get bored easily and move on to newer, more interesting projects.	
	I tend to finish whatever I start.	OR	I tend to have many unfinished projects.	
	I like to get started and finish early.	OR	I like to do things at the last minute.	
	I tend to become stressed if something goes wrong.	OR	I tend to be good at figuring out why something went wrong and fixing it on the fly.	
	I tend to become stressed if there are too many changes after I've already started.	OR	I tend to get energized if I see a new approach as I work and am comfortable changing things as I go along.	
	I like to color-code things and keep track of my progress.	OR	I like to spend my time figuring things out as I go rather than doing a bunch of planning and record keeping.	
	I like to feel I am well-prepared.	OR	I like to do things off the cuff.	
	I tend to work at a steady pace from beginning to end.	OR	I tend to work in bursts and spurts when I am inspired.	

## TURN THE PAGE TO SCORE YOUR RESULTS

This is a Quick Assessment designed to help you identify your Personality Type. For more products using Personality Type as a tool for reducing stress, visit [www.StressedToBest.com](http://www.StressedToBest.com).

Name: \_\_\_\_\_

## Quick Self-Assessment of Personality Type – Self Scoring Sheet

Your Page 1 Results indicate whether you prefer <b>Extraversion (E)</b> or <b>Introversion (I)</b>			
Number of checkmarks on Left side of Page 1:		Number of checkmarks on Right side of Page 1:	
<ul style="list-style-type: none"><li>• If your Left side number is higher, you are likely Extraverted so enter an E in the first space at the bottom of the page.</li><li>• If your Right side number is higher, you are likely Introverted so enter I in the first space at the bottom of the page.</li><li>• If your Left and Right side numbers are equal, you are likely Introverted so enter an I in the first space at the bottom of the page.</li></ul>			
Your Page 2 Results indicate whether you prefer <b>Sensing (S)</b> or <b>iNtuition (N)</b>			
Number of checkmarks on Left side of Page 2:		Number of checkmarks on Right side of Page 2:	
<ul style="list-style-type: none"><li>• If your Left side number is higher you are likely Sensor so enter an S in the second space at the bottom of the page.</li><li>• If your Right side number is higher, you are likely iNtuitive so enter an N in the second space at the bottom of the page.</li><li>• If your Left and Right side numbers are equal, you are likely iNtuitive so enter an N in the second space at the bottom of the page.</li></ul>			
Your Page 3 Results indicate whether you prefer <b>Thinking (T)</b> or <b>Feeling (F)</b>			
Number of checkmarks on Left side of Page 3:		Number of checkmarks on Right side of Page 3:	
<ul style="list-style-type: none"><li>• If your Left side number is higher, you likely prefer Thinking so enter T in the third space at the bottom of the page.</li><li>• If your Right side number is higher, you likely prefer Feeling so enter F in the third space at the bottom of the page.</li><li>• If your Left and Right side numbers are equal, and you are male, you likely prefer Feeling so enter F in the third space at the bottom of the page.</li><li>• If your Left and Right side numbers are equal, and you are female, you likely prefer Thinking so enter T in the third space at the bottom of the page.</li></ul>			
Your Page 4 Results indicate whether you prefer <b>Judging (J)</b> or <b>Perceiving (P)</b>			
Number of checkmarks on Left side of Page 4:		Number of checkmarks on Right side of Page 4:	
<ul style="list-style-type: none"><li>• If your Left side number is higher you are likely Judging so enter a J in the last space at the bottom of the page.</li><li>• If your Right side number is higher, you are likely Perceiving so enter P in the last space at the bottom of the page.</li><li>• If your Left and Right side numbers are equal, you are likely Perceiving so enter P in the last space at the bottom of the page.</li></ul>			
Record The Four Letters Of Your Personality Type Below:			

This is a Quick Assessment designed to help you identify your Personality Type. For more products using Personality Type as a tool for reducing stress, visit [www.StressedToBest.com](http://www.StressedToBest.com).