

# Your Personality Profile

*Directions:* In each of the following rows of four words across, place an X in front of the **one** word that most often applies to you. Continue through all forty lines; be sure each number is marked. If you are not sure which word "most applies", ask a friend, and think of what your answer would have been when you were a child.

## Strengths

- |                       |                      |                  |                   |
|-----------------------|----------------------|------------------|-------------------|
| 1. ___ Adventurous    | ___ Adaptable        | ___ Animated     | ___ Analytical    |
| 2. ___ Persistent     | ___ Playful          | ___ Persuasive   | ___ Peaceful      |
| 3. ___ Submissive     | ___ Self-sacrificing | ___ Sociable     | ___ Strong-willed |
| 4. ___ Considerate    | ___ Controlled       | ___ Competitive  | ___ Convincing    |
| 5. ___ Refreshing     | ___ Respectful       | ___ Reserved     | ___ Resourceful   |
| 6. ___ Satisfied      | ___ Sensitive        | ___ Self-reliant | ___ Spirited      |
| 7. ___ Planner        | ___ Patient          | ___ Positive     | ___ Promoter      |
| 8. ___ Sure           | ___ Spontaneous      | ___ Scheduled    | ___ Shy           |
| 9. ___ Orderly        | ___ Obliging         | ___ Outspoken    | ___ Optimistic    |
| 10. ___ Friendly      | ___ Faithful         | ___ Funny        | ___ Forceful      |
| 11. ___ Daring        | ___ Delightful       | ___ Diplomatic   | ___ Detailed      |
| 12. ___ Cheerful      | ___ Consistent       | ___ Cultured     | ___ Confident     |
| 13. ___ Idealistic    | ___ Independent      | ___ Inoffensive  | ___ Inspiring     |
| 14. ___ Demonstrative | ___ Decisive         | ___ Dry Humor    | ___ Deep          |
| 15. ___ Mediator      | ___ Musical          | ___ Mover        | ___ Mixes easily  |
| 16. ___ Thoughtful    | ___ Tenacious        | ___ Talker       | ___ Tolerant      |
| 17. ___ Listener      | ___ Loyal            | ___ Leader       | ___ Lively        |
| 18. ___ Contented     | ___ Chief            | ___ Chart maker  | ___ Cute          |
| 19. ___ Perfectionist | ___ Pleasant         | ___ Productive   | ___ Popular       |
| 20. ___ Bouncy        | ___ Bold             | ___ Behaved      | ___ Balanced      |

## Weakness

- |                        |                       |                    |                    |
|------------------------|-----------------------|--------------------|--------------------|
| 21. ___ Blank          | ___ Bashful           | ___ Brassy         | ___ Bossy          |
| 22. ___ Undisciplined  | ___ Unsympathetic     | ___ Unenthusiastic | ___ Unforgiving    |
| 23. ___ Reticent       | ___ Resentful         | ___ Resistant      | ___ Repetitious    |
| 24. ___ Fussy          | ___ Fearful           | ___ Forgetful      | ___ Frank          |
| 25. ___ Impatient      | ___ Insecure          | ___ Indecisive     | ___ Interrupts     |
| 26. ___ Unpopular      | ___ Uninvolved        | ___ Unpredictable  | ___ Unaffectionate |
| 27. ___ Headstrong     | ___ Haphazard         | ___ Hard to please | ___ Hesitant       |
| 28. ___ Plain          | ___ Pessimistic       | ___ Proud          | ___ Permissive     |
| 29. ___ Angered easily | ___ Aimless           | ___ Argumentative  | ___ Alienated      |
| 30. ___ Naive          | ___ Negative attitude | ___ Nervy          | ___ Nonchalant     |
| 31. ___ Worrier        | ___ Withdrawn         | ___ Workaholic     | ___ Wants Credit   |
| 32. ___ Too sensitive  | ___ Tactless          | ___ Timid          | ___ Talkative      |
| 33. ___ Doubtful       | ___ Disorganized      | ___ Domineering    | ___ Depressed      |
| 34. ___ Inconsistent   | ___ Introvert         | ___ Intolerant     | ___ Indifferent    |
| 35. ___ Messy          | ___ Moody             | ___ Mumbles        | ___ Manipulative   |
| 36. ___ Slow           | ___ Stubborn          | ___ Show-off       | ___ Skeptical      |
| 37. ___ Loner          | ___ Lord over others  | ___ Lazy           | ___ Loud           |
| 38. ___ Sluggish       | ___ Suspicious        | ___ Short-tempered | ___ Scatterbrained |
| 39. ___ Revengeful     | ___ Restless          | ___ Reluctant      | ___ Rash           |
| 40. ___ Compromising   | ___ Critical          | ___ Crafty         | ___ Changeable     |

# Personality Scoring Sheet

Now transfer all your X's to the corresponding words on the Personality Scoring Sheet and add up your totals. For example, if you checked Animated on the profile, check it on the scoring sheet. (Note: The words are in a different order on the profile and the scoring sheet.)

## Strengths

<i><b>High D</b></i>	<i><b>High I</b></i>	<i><b>High S</b></i>	<i><b>High C</b></i>
1. ___ Adventurous	___ Animated	___ Adaptable	___ Analytical
2. ___ Persuasive	___ Playful	___ Peaceful	___ Persistent
3. ___ Strong-willed	___ Social	___ Submissive	___ Self-sacrificing
4. ___ Competitive	___ Convincing	___ Controlled	___ Considerate
5. ___ Resourceful	___ Refreshing	___ Reserved	___ Respectful
6. ___ Self-reliant	___ Spirited	___ Satisfied	___ Sensitive
7. ___ Positive	___ Promoter	___ Patient	___ Planner
8. ___ Sure	___ Spontaneous	___ Shy	___ Scheduled
9. ___ Outspoken	___ Optimistic	___ Obliging	___ Orderly
10. ___ Forceful	___ Funny	___ Friendly	___ Faithful
11. ___ Daring	___ Delightful	___ Diplomatic	___ Detailed
12. ___ Confident	___ Cheerful	___ Consistent	___ Cultured
13. ___ Independent	___ Inspiring	___ Inoffensive	___ Idealistic
14. ___ Decisive	___ Demonstrative	___ Dry Humor	___ Deep
15. ___ Mover	___ Mixes easily	___ Mediator	___ Musical
16. ___ Tenacious	___ Talker	___ Tolerant	___ Thoughtful
17. ___ Leader	___ Lively	___ Listener	___ Loyal
18. ___ Chief	___ Cute	___ Contented	___ Chart maker
19. ___ Productive	___ Popular	___ Pleasant	___ Perfectionist
20. ___ Bold	___ Bouncy	___ Balanced	___ Behaved

## Totals-Strengths

\_\_\_\_\_

## Weaknesses

- |                           |                    |                    |                       |
|---------------------------|--------------------|--------------------|-----------------------|
| 21. ___ Bossy             | ___ Brassy         | ___ Blank          | ___ Bashful           |
| 22. ___ Unsympathetic     | ___ Undisciplined  | ___ Unenthusiastic | ___ Unforgiving       |
| 23. ___ Resistant         | ___ Repetitious    | ___ Reticent       | ___ Resentful         |
| 24. ___ Frank             | ___ Forgetful      | ___ Fearful        | ___ Fussy             |
| 25. ___ Impatient         | ___ Interrupts     | ___ Indecisive     | ___ Insecure          |
| 26. ___ Unaffectionate    | ___ Unpredictable  | ___ Uninvolved     | ___ Unpopular         |
| 27. ___ Headstrong        | ___ Haphazard      | ___ Hesitant       | ___ Hard to please    |
| 28. ___ Proud             | ___ Permissive     | ___ Plain          | ___ Pessimistic       |
| 29. ___ Argumentative     | ___ Angered easily | ___ Aimless        | ___ Alienated         |
| 30. ___ Nervy             | ___ Naive          | ___ Nonchalant     | ___ Negative attitude |
| 31. ___ Workaholic        | ___ Wants credit   | ___ Worrier        | ___ Withdrawn         |
| 32. ___ Tactless          | ___ Talkative      | ___ Timid          | ___ Too sensitive     |
| 33. ___ Domineering       | ___ Disorganized   | ___ Doubtful       | ___ Depressed         |
| 34. ___ Intolerant        | ___ Inconsistent   | ___ Indifferent    | ___ Introvert         |
| 35. ___ Manipulative      | ___ Messy          | ___ Mumbles        | ___ Moody             |
| 36. ___ Stubborn          | ___ Show-off       | ___ Slow           | ___ Skeptical         |
| 37. ___ Lords over others | ___ Loud           | ___ Lazy           | ___ Loner             |
| 38. ___ Short-tempered    | ___ Scatterbrained | ___ Sluggish       | ___ Suspicious        |
| 39. ___ Rash              | ___ Restless       | ___ Reluctant      | ___ Revengeful        |
| 40. ___ Crafty            | ___ Changeable     | ___ Compromising   | ___ Critical          |

### Total Weaknesses

\_\_\_\_\_

### Combined Totals

\_\_\_\_\_

# ***High I PERSONALITY***

The Extrovert \* The Talker \* The Optimist

## **Strengths**

### **HIGH I EMOTIONS**

Appealing personality  
Talkative, storyteller  
Life of the party  
Good sense of humor  
Memory for color  
Physically holds on to listener  
Emotional and demonstrative  
Enthusiastic and expressive  
Cheerful and bubbling over  
Curious  
Good on stage  
Wide-eyed and innocent  
Lives in the present  
Changeable disposition  
Sincere at heart  
Always a child

### **HIGH I AS A PARENT**

Makes home fun  
Is linked by children's friends  
Turns disaster into humor  
Is the circus master

### **HIGH I AT WORK**

Volunteers for jobs  
Thinks up new activities  
Looks great on the surface  
Creative and colorful  
Has energy and enthusiasm  
Starts in a flashy way  
Inspires others to join  
Charms others to work

### **HIGH I AS A FRIEND**

Makes friends easily  
Loves People  
Thrives on compliments  
Seems exciting  
Envied by others  
Doesn't hold grudges  
Apologizes quickly  
Prevents dull moments  
Likes spontaneous activities

# ***HIGH C PERSONALITY***

The Introvert \* The Thinker \* The Pessimist

## **Strengths**

### **HIGH C EMOTIONS**

Deep and thoughtful  
Analytical  
Serious and purposeful  
Genius prone  
Talented and creative  
Artistic and musical  
Philosophical and poetic  
Appreciative of beauty  
Sensitive to others  
Self-sacrificing  
Conscientious  
Idealistic

### **HIGH C AS A PARENT**

Sets high standards  
Wants everything done right  
Keeps home in good order  
Picks up after children  
Sacrifices own will for others  
Encourages scholarship and talent

### **HIGH C AT WORK**

Schedule oriented  
Perfectionist, high standards  
Detail conscious  
Persistent and thorough  
Orderly and organized  
Neat and tidy  
Economical  
Sees the problems  
Finds creative solutions  
Needs to finish what is started  
Likes charts, graphs, figures, lists

### **HIGH C AS A FRIEND**

Makes friends cautiously  
Content to stay in background  
Avoids causing attention  
Faithful and devoted  
Will listen to complaints  
Can solve others' problems  
Deep concern for other people  
Moved to tears with compassion  
Seeks ideal mate

## ***HIGH S PERSONALITY***

The Introvert \* The Watcher \* The Pessimist

### **Strengths**

#### **HIGH S'S EMOTIONS**

Low-key personality  
Easygoing and relaxed  
Calm, cool and collected  
Patient, well balanced  
Consistent life  
Quiet but witty  
Sympathetic and kind  
Keeps emotions hidden  
Happily reconciled to life  
All-purpose person

#### **HIGH S AS A PARENT**

Makes a good parent  
Takes time for the children  
Is not in a hurry  
Can take the good with the bad  
Doesn't get upset easily

#### **HIGH S AT WORK**

Competent and steady  
Peaceful and agreeable  
Has administrative ability  
Mediates problems  
Avoids conflicts  
Good under pressure  
Finds the easy way

#### **HIGH S AS A FRIEND**

Easy to get along with  
Pleasant and enjoyable  
Inoffensive  
Good listener  
Dry Sense of Humor  
Enjoys watching people  
Has many friends  
Has compassion and concern

## ***Everyone is Good at Something!***

### *High D are best:*

- in jobs that require quick decision
- in spots that need instant action and accomplishments
- in area that demand strong control and authority

### *High I are best:*

- in dealing with people enthusiastically
- in expressing thought with excitement
- in up-front positions of attention

### *High S are best:*

- in positions of mediation and unity
- in storms that need a calming hand
- in routines that might seem dull to others

### *High C are best:*

- in attending to details and in deep thinking
- in keeping records, charts and graphs
- in analyzing problems too difficult for others

# *High D Personality*

The Extrovert \* The Doer \* The Optimist  
**Strengths**

## **HIGH D'S EMOTIONS**

Born leader  
Dynamic and active  
Compulsive need for change  
Must correct wrongs  
Strong willed and decisive  
Unemotional  
Not easily discouraged  
Independent & self-sufficient  
Exudes confidence  
Can run anything

## **HIGH D AS A PARENT**

Exerts sound leadership  
Establishes goals  
Motivates family to action  
Knows the right answer  
Organizes household

## **HIGH D AT WORK**

Goal oriented  
Sees the whole picture  
Organizes well  
Seeks practical solutions  
Moves quickly to action  
Delegates work  
Insists on production  
Makes the goal  
Stimulates activity  
Thrives on opposition

## **HIGH D AS A FRIEND**

Has little need for friends  
Will work for group activity  
Will lead and organize  
Is usually right  
Excels in emergencies