

PERSONALITY TEMPERAMENT TEST



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SCORING SHEET

INSTRUCTIONS: This is a Personality Temperament Test taken from Tim LaHaye's book, "Why You Act The Way You Do". It helps assess your temperament of potential strengths & weaknesses. It's very simple and takes about 45 minutes to complete. There are 4 Sections below. In each section you will find a series of descriptive words. Your job is to read each word and put a number next to it according to how well it describes the REAL you. After you have completed all 4 Sections go to page 2 for further instructions. To get a more accurate assessment of your temperament have 3-4 close friends &/or family members also complete a test about your temperament.

REMEMBER: It's important that you be honest and objective. Don't mark a box according to how you want to be seen, rather mark it according to how you really are. If it is NATURALLY who you are then it isn't something that you are "working on" nor is it something that requires a lot of effort in order for you to be that way. It just comes natural. Some of the descriptive words below are very flattering words and some are unflattering words. Don't answer according to how you want to be or don't want to be. BE COMPLETELY 100% HONEST WITH YOURSELF.... BE RAW ABOUT WHO YOU ARE RIGHT NOW AT THIS POINT IN YOUR LIFE.

SCORING CRITERIA: Score how each word best describes you:			
1 =	"That is definitely NOT me!"	2 =	"That is usually NOT me."
3 =	"That is usually me."	4 =	"That is mostly me."
	5 =	"That IS definitely me!"	

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SECTION 01	SECTION 02	SECTION 03	SECTION 04
<input type="checkbox"/> emotional <input type="checkbox"/> egotistical <input type="checkbox"/> interrupts others <input type="checkbox"/> compassionate <input type="checkbox"/> impulsive <input type="checkbox"/> disorganized <input type="checkbox"/> impractical <input type="checkbox"/> funny <input type="checkbox"/> forgetful <input type="checkbox"/> easily discouraged <input type="checkbox"/> very positive <input type="checkbox"/> easily angered <input type="checkbox"/> undisciplined <input type="checkbox"/> extrovert <input type="checkbox"/> refreshing <input type="checkbox"/> lively/spirited <input type="checkbox"/> weak-willed <input type="checkbox"/> spontaneous <input type="checkbox"/> talkative <input type="checkbox"/> delightful/cheerful <input type="checkbox"/> enjoyable <input type="checkbox"/> popular <input type="checkbox"/> friendly/sociable <input type="checkbox"/> "bouncy" <input type="checkbox"/> restless <input type="checkbox"/> difficulty concentrating <input type="checkbox"/> likes to play <input type="checkbox"/> difficulty keeping resolutions <input type="checkbox"/> lives in present <input type="checkbox"/> difficulty with appointments	<input type="checkbox"/> optimistic <input type="checkbox"/> determined <input type="checkbox"/> bossy <input type="checkbox"/> goal-oriented <input type="checkbox"/> decisive <input type="checkbox"/> frank <input type="checkbox"/> self-confident <input type="checkbox"/> sarcastic <input type="checkbox"/> workaholic <input type="checkbox"/> self-sufficient <input type="checkbox"/> practical <input type="checkbox"/> headstrong <input type="checkbox"/> activist <input type="checkbox"/> outgoing <input type="checkbox"/> domineering <input type="checkbox"/> adventurous <input type="checkbox"/> aggressive <input type="checkbox"/> competitive <input type="checkbox"/> leadership ability <input type="checkbox"/> daring <input type="checkbox"/> persevering <input type="checkbox"/> bold <input type="checkbox"/> strong-willed <input type="checkbox"/> persuasive <input type="checkbox"/> hot-tempered <input type="checkbox"/> resourceful <input type="checkbox"/> insensitive <input type="checkbox"/> outspoken <input type="checkbox"/> unsympathetic <input type="checkbox"/> productive	<input type="checkbox"/> deep feeling <input type="checkbox"/> critical <input type="checkbox"/> insecure <input type="checkbox"/> sensitive <input type="checkbox"/> indecisive <input type="checkbox"/> hard to please <input type="checkbox"/> self-centered <input type="checkbox"/> pessimistic <input type="checkbox"/> depressed easily <input type="checkbox"/> easily offended <input type="checkbox"/> idealistic <input type="checkbox"/> loner <input type="checkbox"/> self-sacrificing <input type="checkbox"/> introvert <input type="checkbox"/> faithful friend <input type="checkbox"/> analytical <input type="checkbox"/> considerate <input type="checkbox"/> likes behind the scenes <input type="checkbox"/> suspicious <input type="checkbox"/> respectful <input type="checkbox"/> introspective <input type="checkbox"/> planner <input type="checkbox"/> perfectionist <input type="checkbox"/> scheduled <input type="checkbox"/> unforgiving/resents <input type="checkbox"/> orderly <input type="checkbox"/> creative <input type="checkbox"/> detailed <input type="checkbox"/> moody <input type="checkbox"/> gifted (musically or athletically)	<input type="checkbox"/> very quiet <input type="checkbox"/> selfish <input type="checkbox"/> unenthusiastic <input type="checkbox"/> negative <input type="checkbox"/> regular daily habits <input type="checkbox"/> hesitant <input type="checkbox"/> shy <input type="checkbox"/> stingy <input type="checkbox"/> aimless <input type="checkbox"/> not aggressive <input type="checkbox"/> stubborn <input type="checkbox"/> worrier <input type="checkbox"/> spectator of life <input type="checkbox"/> works well under pressure <input type="checkbox"/> indecisive <input type="checkbox"/> adaptable <input type="checkbox"/> slow and lazy <input type="checkbox"/> submissive to others <input type="checkbox"/> easy going <input type="checkbox"/> reserved <input type="checkbox"/> calm and cool <input type="checkbox"/> content/satisfied <input type="checkbox"/> efficient <input type="checkbox"/> patient <input type="checkbox"/> dependable <input type="checkbox"/> listener <input type="checkbox"/> witty/dry humor <input type="checkbox"/> pleasant <input type="checkbox"/> teases others <input type="checkbox"/> consistent

trust yourself

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ANALYSIS

ONCE YOU HAVE COMPLETED ALL 4 SECTIONS...

After you have completed all 4 Sections go back and cancel out each description that you scored either a 1 or 2 by drawing a line through that number. Since that score is so low it doesn't really apply to your overall scoring in each Section. Now add up all of the 3's, 4's, & 5's in each Section and write your total at the bottom of each appropriate section. The section with the highest score is your Primary Temperament and the section with the second highest score is your Secondary Temperament. No one is one pure temperament, but instead we are a blend of all the temperaments.

WHAT'S MY PERSONALITY TEMPERAMENT?

Each section represents one of four Temperaments:

SECTION 1: **Sanguine Temperament** (fun-loving extrovert; outgoing; very social; "the life of the party") - EXTROVERT

SECTION 2: **Choleric Temperament** (focused; extrovert; goal oriented; "the achiever") - EXTROVERT

SECTION 3: **Melancholy Temperament** (detailed; introspective; artistic; "the naturally gifted") - INTROVERT

SECTION 4: **Phlegmatic Temperament** (easy going; stable; consistent; "the loyal friend") - INTROVERT

*trust
yourself*