

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

**PERSONALITY TYPE SURVEY**

Check all items that apply to you:

- a. \_\_\_\_\_ I have a temper and start to yell when I get mad.
- b. \_\_\_\_\_ I have to do more than one thing at a time.
- c. \_\_\_\_\_ I don't push myself with people or become upset in situations.
- d. \_\_\_\_\_ I stand up while I eat or eat while I am walking.
- e. \_\_\_\_\_ I don't watch the clock. If things happen, they happen.
- f. \_\_\_\_\_ I don't like to do more than one thing at a time.
- g. \_\_\_\_\_ When in conversations with others, I try to get them to talk about things I know something about. If I can't, I just stay quiet and think of my own interests.
- h. \_\_\_\_\_ I don't like to tell people about my achievements unless I am forced to.
- i. \_\_\_\_\_ I feel guilty that I should be doing something when I am relaxing.
- j. \_\_\_\_\_ Before I can do something fun, I need to complete all of my work.
- k. \_\_\_\_\_ I don't like to compete with others. If I play basketball, it is for fun, not to win.
- l. \_\_\_\_\_ I can work without feeling frustrated..
- m. \_\_\_\_\_ I would rather have a new car or stereo than have lots of friends..
- n. \_\_\_\_\_ I bite my nails, wiggle my foot, or tense my muscles a lot.
- o. \_\_\_\_\_ I don't compare myself to others.
- p. \_\_\_\_\_ I feel proud when I accomplish something and don't feel I have to accomplish more than other people.
- q. \_\_\_\_\_ I think success means making a lot of money or getting straight "A's".
- r. \_\_\_\_\_ I can leave some tasks undone while I relax and enjoy myself.

**PERSONALITY TYPE SURVEY  
ANSWER KEY**

**CHARACTERISTIC BEHAVIOR TRAITS**

**TYPE A**

**TYPE B**

a

c

b

e

d

f

g

h

i

k

j

l

m

o

n

p

q

r

Check your responses against this key.

If you placed most of your check marks next to items that are characteristic of a "Type A" personality, you are an achiever and self-starter, but may be a candidate for "burnout" without careful management.

If most of your answers fell into the "Type B" personality column, you have a more balanced approach to life. This usually means you will subject your-self to less stress and live happier, healthier and longer.