

Name _____ Date _____ Period _____

PERSONALITY TESTS

THIS IS THE ONLY PAGE YOU TURN IN!

1. How would YOU describe your personality (in words, not “types” or “traits” but the way you would describe it in a job interview or with friends)

Take the A/B Personality Test. **THEN** answer the following:

2. What was your total (20-140)?
3. Which “category” does that fall under?
4. Do you agree with that assessment?
5. What “risks” are there for the category you fall into?

Take the Big 5 Personality Test. **THEN** fill out the following.

6. What was your number (1-40) for the following:
 - a. Openness to Experience (O) _____
 - b. Conscientiousness (C) _____
 - c. Extroversion (E) _____
 - d. Agreeableness (A) _____
 - e. Neuroticism (N) _____
7. Which of the above was your highest area?
8. Do you agree that it is your strongest trait? Why or Why Not?

IF YOU HAVE TIME take the “Color Personality” test. **THEN** take a handout for the “color” you are most dominant in, and read it. See if you agree. Feel free to read other descriptions as well.

TYPE A / TYPE B TEST

Type A personalities tend to be more successful and they also get 90% of all heart attacks. Are you a Type A? Here's a chance for you to test yourself. Below are two columns of contrasting behaviours. Since each of us belongs somewhere on a continuum between the two, put a check under the number where you think you belong between the two extremes.

	1	2	3	4	5	6	7	
1. Doesn't mind leaving things temporarily unfinished								Must get things finished once started
2. Calm and unhurried about appointments								Never late for appointments
3. Not competitive								Highly competitive
4. Listens well; lets others finish speaking								Anticipates others in conversation (nods, interrupts, finishes sentence for others)
5. Never in a hurry, even when pressured								Always in a hurry
6. Able to wait calmly								Uneasy when waiting
7. Easygoing								Always going full speed ahead
8. Takes one thing at a time								Tries to do more than one thing at a time; thinks about what to do next
9. Slow and deliberate in speech								Vigorous and forceful in speech (uses a lot of gestures)
10. Concerned with satisfying him/herself, not others								Wants recognition by others for a job well done
11. Slow doing things								Fast doing things (eating, walking, etc.)
12. Serene								Hard Driving
13. Expresses feelings openly								Holds feelings in
14. Has a large number of interests								Few interests outside work
15. Satisfied with job								Ambitious; wants quick advancement at job
16. Never sets own deadlines								Often sets own deadlines
17. Feels limited responsibility								Always feels responsible
18. Never judges things in terms of numbers								Often judges performance in terms of numbers (how much, how many)
19. Casual about work								Takes work very seriously (works weekends, brings home work)
20. Not very precise								Very precise (careful about detail)
Total of Columns								
Add the number of all the points and enter the TOTAL								

If you scored over **110** you are a **Type A1**

If you are in this category and especially if you are over 40 and smoke, you have a high risk of developing cardiac illness and other stress-related illnesses.

If you scored **80 – 109** you are a **Type A2**

You are also a cardiac-prone personality but your risk of heart disease is not quite as high as a Type A1

Type A personalities generally have "A STRESS PROBLEM" although most do not recognise this until extreme symptoms or serious illnesses develop. Type A behaviour is a learned personality complex which is well-rewarded in our culture. It is a desired trait in most institutions, especially at a managerial level.

If you are a Type A1 or Type A2, you would be wise to learn how to effectively manage stress in your body by neutralising the stress hormones. This may be done by activating "the relaxation response," the scientifically-defined and measurable anti-stress mechanism in your body. It will add years to your life.

If your score is **60 - 79**, you are a **Type AB**

You are a mixture of Type A and Type B patterns. This is a healthier pattern than either A1 or A2, but you have the potential for slipping into Type A behaviour and you should recognise this.

If your score is **under 59**, you are a **Type B**

This personality complex is characterised by general relaxation and coping adequately with stress. You express few of the reactions associated with cardiac disease.

30 - 50: **Type B2** 0 – 29: **Type B1**

To get another perspective on your personality, ask your spouse or close friend to rate you on this scale. The results may be surprising.

Test developed by Dr. Howard Glazer for the book, Executive Health

The Big Five Personality Test

from personality-testing.info courtesy jpip.ori.org Instructions

In the table below, for each statement 1-50, mark how much you agree with the statement on the scale 1-5, where **1=disagree**, **2=slightly disagree**, **3=neutral**, **4=slightly agree** and **5=agree**, in the box to the left of it.

Test

Rating	I...	Rating	I....
	1. Am the life of the party.		26. Have little to say.
	2. Feel little concern for others.		27. Have a soft heart.
	3. Am always prepared.		28. Often forget to put things back in their proper place.
	4. Get stressed out easily.		29. Get upset easily.
	5. Have a rich vocabulary.		30. Do not have a good imagination.
	6. Don't talk a lot.		31. Talk to a lot of different people at parties.
	7. Am interested in people.		32. Am not really interested in others.
	8. Leave my belongings around.		33. Like order.
	9. Am relaxed most of the time.		34. Change my mood a lot.
	10. Have difficulty understanding abstract ideas.		35. Am quick to understand things.
	11. Feel comfortable around people.		36. Don't like to draw attention to myself.
	12. Insult people.		37. Take time out for others.
	13. Pay attention to details.		38. Shirk my duties.
	14. Worry about things.		39. Have frequent mood swings.
	15. Have a vivid imagination.		40. Use difficult words.
	16. Keep in the background.		41. Don't mind being the center of attention.
	17. Sympathize with others' feelings.		42. Feel others' emotions.
	18. Make a mess of things.		43. Follow a schedule.
	19. Seldom feel blue.		44. Get irritated easily.
	20. Am not interested in abstract ideas.		45. Spend time reflecting on things.
	21. Start conversations.		46. Am quiet around strangers.
	22. Am not interested in other people's problems.		47. Make people feel at ease.
	23. Get chores done right away.		48. Am exacting in my work.
	24. Am easily disturbed.		49. Often feel blue.
	25. Have excellent ideas.		50. Am full of ideas.

The small numbers below represent the question numbers. Next to each one, write the number you chose from the previous page. THEN do the math to find your values.

$$\begin{aligned}
 \mathbf{E} &= 20 + (1)____ - (6)____ + (11)____ - (16)____ + (21)____ - (26)____ + (31)____ - (36)____ + (41)____ - (46)____ = ____ \\
 \mathbf{A} &= 14 - (2)____ + (7)____ - (12)____ + (17)____ - (22)____ + (27)____ - (32)____ + (37)____ + (42)____ + (47)____ = ____ \\
 \mathbf{C} &= 14 + (3)____ - (8)____ + (13)____ - (18)____ + (23)____ - (28)____ + (33)____ - (38)____ + (43)____ + (48)____ = ____ \\
 \mathbf{N} &= 2 + (4)____ - (9)____ + (14)____ - (19)____ + (24)____ + (29)____ + (34)____ + (39)____ + (44)____ + (49)____ = ____ \\
 \mathbf{O} &= 8 + (5)____ - (10)____ + (15)____ - (20)____ + (25)____ - (30)____ + (35)____ + (40)____ + (45)____ + (50)____ = ____
 \end{aligned}$$

The scores you calculate should be between zero and forty.

Below is a description of each trait.

- **Extroversion (E)** is the personality trait of seeking fulfillment from sources outside the self or in community. High scorers tend to be very social while low scorers prefer to work on their projects alone.
- **Agreeableness (A)** reflects much individuals adjust their behavior to suit others. High scorers are typically polite and like people. Low scorers tend to 'tell it like it is'.
- **Conscientiousness (C)** is the personality trait of being honest and hardworking. High scorers tend to follow rules and prefer clean homes. Low scorers may be messy and cheat others.
- **Neuroticism (N)** is the personality trait of being emotional, moody, and of consistently having anxiety or fear.
- **Openness to Experience (O)** is the personality trait of seeking new experience and intellectual pursuits. High scores may day dream a lot. Low scorers may be very down to earth.

Below is the result when this quiz was posted on the Internet

