

Instructions

In this assessment you are given 30 sets of four phrases. Select one phrase from each set of four that MOST describes you and one word of the four that LEAST describes you.

This assessment is environmentally sensitive, which means that you may score differently in different situations. In other words, you may act differently at home than you do on the job. So, as you complete the assessment you should focus on one environment for which you are seeking to understand yourself. For instance, if you are trying to understand yourself in marriage, you should only think of your responses to situations in the context of your marriage. On the other hand, if you want to know your behavioral needs on the job, then only think of how you would respond in the job context.

One final thought as you give your responses. On these kinds of assessments, it is often best and easiest if you respond quickly and do not deliberate too long in deciding. Your response on one set of phrases will not unduly influence your scores, so simply answer as quickly as possible and enjoy the process. Don't get too hung up, if none of the four phrases describe you or if there are some phrases that seem too similar, take a guess. Life is too short to worry about these issues on a personality assessment! And besides, if it really does bother you, it is probably because your C score is high and that is okay!

1.)		Most	Least
	fearless in conquering a challenge		
	always enjoys having fun		
	free to express true feelings		
	usually at rest with circumstances		
2.)		Most	Least
	tries to avoid mistakes		
	securly fixed in place		
	convinces others		
	goes along with the flow		
3.)		Most	Least
	liked by others		
	systematically thinks through issues		
	clearly conveys thoughts		
	untroubled by stress		
4.)		Most	Least
	enjoys talking		
	able to control his/her impulses		
	actions can be foreseen by others		
	quickly makes decisions		

5.)		Most	Least
	willing to take risks		
	easily distinguishes differences		
	people person		
	avoids extremes		

6.)		Most	Least
	sensitive to the needs of others		
	guides the thinking or behavior of others		
	humbly acknowledges his/her abilities		
	capable of producing a desired result		

7.)		Most	Least
	full of energy		
	trys to avoid mistakes		
	takes control of situations		
	readily accessible to others		

8.)		Most	Least
	has high-spirited energy		
	easily focuses his/her attention		
	tends not to speak frequently		
	fully committed to achieving a goal		

9.)		Most	Least
	has an extreme care for details		
	people person		
	captivates people's attention		
	able to give direction		

10.)		Most	Least
	fearless in conquering a challenge		
	has the ability to encourage others		
	readily follows someone else's lead		
	minutely exact		

11.)		Most	Least
	humbly acknowledges abilities		
	pays attention to the needs of others		
	driven by goals		
	sees the glass as half-full		

12.)		Most	Least
	drives others forward		
	concerned about other's needs above own		
	concerned with correct information		
	able to take care of yourself		

13.)		Most	Least
	forcefully pursues a goal		
	shares the feelings of others		
	other people love being around him/her		
	trys to avoid danger		

14.)		Most	Least
	likes to have things a certain way		
	readily follows someone else's lead		
	establishes new endeavors		
	joyfully enjoys life		

15.)		Most	Least
	liked by others		
	full of thought		
	perserveres despite opposition		
	does things the traditional way		

16.)		Most	Least
	thinks through problems analytically		
	wiling to take risks		
	loyal to others		
	possesses a magnetic charm		

17.)		Most	Least
	enjoys the company of others		
	unmovable in opposition		
	able to take care of oneself		
	listens more than he/she talks		

18.)		Most	Least
	goes along with the flow		
	has a one-track mind		
	works systematically		
	full of energy		

19.)		Most	Least
	continues despite difficulties		
	shows love freely		
	mindful of the needs of others		
	prone to worrying		

20.)		Most	Least
	seeks the comnpny of others		
	cares deeply about the needs of others		
	free from bias		
	secure in his/her own abilities		

21.)		Most	Least
	capable of producing a desired result		
	gives freely to other's		
	clearly conveys meaningful thoughts		
	fully committed to achieving a goal		
22.)		Most	Least
	instantly acts without thought		
	sees things as they are		
	readily accepts leadership roles		
	usually at rest with circumstances		
23.)		Most	Least
	enjoys time spent with others		
	systematically things through issues		
	does not show weakness or uncertainty		
	gives grace when it is undeserved		
24.)		Most	Least
	enjoys the company of others		
	satisfied with life		
	securely fixed in place		
	follows directions		
25.)		Most	Least
	pushes others to do their best		
	thinks through problems analytically		
	collaborative team player		
	upbeat about life		
26.)		Most	Least
	always enjoys having fun		
	conforms exactly to a standard		
	free to express true feelings		
	can be depended on consistently		
27.)		Most	Least
	forcefully pursues a goal		
	welcoming to others		
	holds the attention of others		
	carefully assesses risks		
28.)		Most	Least
	courteous of others		
	requires others to accomplish tasks correctly		
	sees the glass half-full		
	concerned with the feelings of others		

29.)		Most	Least
	readily follows someone else's lead		
	trys to avoid mistakes		
	does not show weakness or uncertainty		
	minutely exact		

30.)		Most	Least
	capable of expressing strong feelings		
	prominently stands out		
	minutely exact		
	satisfied with life		