

581314

## Personality Scoring Sheet

Transfer all your marks from the first sheet to this sheet and add up your totals. The words are in a different order on the profile and scoring sheets.

### Strengths

#### 1 Sanguine

1. ☐ Animated
2. ☐ Playful
3. ☐ Sociable
4. ☐ Convincing
5. ☐ Refreshing
6. ☐ Spirited
7. ☐ Promoter
8. ☐ Spontaneous
9. ☐ Optimistic
10. ☐ Funny
11. ☐ Delightful
12. ☐ Cheerful
13. ☒ Inspiring
14. ☐ Demonstrative
15. ☐ Mixes easily
16. ☐ Talker
17. ☐ Lively
18. ☐ Cute
19. ☐ Popular
20. ☐ Bouncy

#### 5 Choleric

1. ☒ Adventurous
2. ☐ Persuasive
3. ☐ Strong Willed
4. ☐ Competitive
5. ☐ Resourceful
6. ☐ Self reliant
7. ☐ Positive
8. ☐ Sure
9. ☐ Outspoken
10. ☐ Forceful
11. ☐ Daring
12. ☐ Confident
13. ☐ Independent
14. ☐ Decisive
15. ☒ Mover
16. ☐ Tenacious
17. ☐ Leader
18. ☒ Chief
19. ☒ Productive
20. ☒ Bold

#### 6 Melancholy

1. ☐ Analytical
2. ☒ Persistent
3. ☒ Self sacrificing
4. ☐ Considerate
5. ☐ Respectful
6. ☒ Sensitive
7. ☐ Planner
8. ☒ Scheduled
9. ☐ Orderly
10. ☒ Faithful
11. ☐ Detailed
12. ☐ Cultured
13. ☐ Idealistic
14. ☒ Deep
15. ☐ Musical
16. ☐ Thoughtful
17. ☐ Loyal
18. ☐ Chart maker
19. ☐ Perfectionist
20. ☐ Behaved

#### 8 Phlegmatic

1. ☐ Adaptable
2. ☐ Peaceful
3. ☐ Submissive
4. ☒ Controlled
5. ☒ Reserved
6. ☐ Satisfied
7. ☒ Patient
8. ☐ Shy
9. ☒ Obliging
10. ☐ Friendly
11. ☒ Diplomatic
12. ☒ Consistent
13. ☐ Inoffensive
14. ☐ Dry humor
15. ☐ Mediator
16. ☒ Tolerant
17. ☒ Listener
18. ☐ Contented
19. ☐ Pleasant
20. ☐ Balanced

### Weaknesses

4376

21. ☐ Brassy
22. ☐ Undisciplined
23. ☐ Repetitious
24. ☒ Forgetful
25. ☒ Interrupts
26. ☐ Unpredictable
27. ☒ Haphazard
28. ☐ Permissive
29. ☐ Angered easily
30. ☐ Naive
31. ☐ Wants credit
32. ☐ Talkative
33. ☐ Disorganized
34. ☐ Inconsistent
35. ☐ Messy
36. ☐ Show-off
37. ☐ Loud
38. ☒ Scatterbrained
39. ☐ Restless
40. ☐ Changeable

1. ☐ Bossy
2. ☐ Unsympathetic
3. ☐ Resistant
4. ☐ Frank
5. ☐ Impatient
6. ☒ Unaffectionate
7. ☐ Headstrong
8. ☐ Proud
9. ☐ Argumentative
10. ☐ Nervy
11. ☒ Workaholic
12. ☐ Tactless
13. ☐ Domineering
14. ☐ Intolerant
15. ☐ Manipulative
16. ☐ Stubborn
17. ☐ Lord over others
18. ☐ Short tempered
19. ☒ Rash
20. ☐ Crafty

1. ☐ Bashful
2. ☐ Unforgiving
3. ☐ Resentful
4. ☐ Fussy
5. ☐ Insecure
6. ☐ Unpopular
7. ☐ Hard to please
8. ☒ Pessimistic
9. ☒ Alienated
10. ☐ Negative attitude
11. ☐ Withdrawn
12. ☐ Too sensitive
13. ☒ Depressed
14. ☒ Introvert
15. ☒ Moody
16. ☒ Skeptical
17. ☒ Loner
18. ☐ Suspicious
19. ☐ Revengeful
20. ☐ Critical

1. ☒ Blank
2. ☒ Unenthusiastic
3. ☒ Reticent
4. ☐ Fearful
5. ☐ Indecisive
6. ☐ Uninvolved
7. ☐ Hesitant
8. ☐ Plain
9. ☐ Aimless
10. ☒ Nonchalant
11. ☐ Worrier
12. ☒ Timid
13. ☐ Doubtful
14. ☐ Indifferent
15. ☐ Mumbles
16. ☐ Slow
17. ☐ Lazy
18. ☐ Sluggish
19. ☐ Reluctant
20. ☒ Compromising

Totals:

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# Personality Test

Taken from Florence Littauer's Personality Plus: How to Understand Others by Understanding Yourself

Directions: In each of the following rows of four words across, choose 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 spouse or a friend, and think of what your answer would have been when you were a child.

## Strengths

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

## Weaknesses

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

## Personality Test Word Definitions

### Weaknesses

- 21** *Brassy*. Showy, flashy, comes on strong, too loud.
- Bossy*. Commanding, domineering, sometimes overbearing in adult relationships.
- Bashful*. Shrinks from getting attention, resulting from self-consciousness.
- Blank*. A person who shows little facial expression or emotion.
- 22** *Undisciplined*. A person whose lack of order permeates most every area of his life.
- Unsympathetic*. Finds it difficult to relate to the problems or hurts of others.
- Unforgiving*. One who has difficulty forgiving or forgetting a hurt or injustice done to them, apt to hold onto a grudge.
- Unenthusiastic*. Tends to not get excited, often feeling it won't work anyway.
- 23** *Repetitious*. Retells stories and incidents to entertain you without realizing he has already told the story several times before, is constantly needing something so say.
- Resistant*. Strives, works against, or hesitates to accept any other way but his own.
- Resentful*. Often holds ill feelings as a result of real or imagined offenses.
- Reticent*. Unwilling or struggles against getting involved, especially when complex.
- 24** *Forgetful*. Lack of memory which is usually tied to a lack of discipline and not bothering to mentally record things that aren't fun.
- Frank*. Straightforward, outspoken, and doesn't mind telling you exactly what he thinks.
- Fussy*. Insistent over petty matters or details, calling for great attention to trivial details.
- Fearful*. Often experiences feelings of deep concern, apprehensions, or anxiousness.
- 25** *Interrupts*. A person who is more of a talker than a listener, who starts speaking without even realizing someone else is already speaking.
- Impatient*. A person who finds it difficult to endure irritation or wait for others.
- Insecure*. One who is apprehensive or lacks confidence.
- Indecisive*. The person who finds it difficult to make any decisions at all. (Not the personality that labours long over each decision in order to make the perfect one.)
- 26** *Unpredictable*. May be ecstatic one moment and down the next, or willing to help but then disappears, or promises to come but forgets to show up.
- Unaffectionate*. Finds it difficult to verbally or physically demonstrate tenderness openly.
- Unpopular*. A person whose intensity and demand for perfection can push others away.
- Uninvolved*. Has no desire to listen or become interested in clubs, groups, activities, or other people's lives.

**27**

*Haphazard*. Has no consistent way of doing things.

*Headstrong*. Insists on having his own way.

*Hard to please*. A person whose standards are set so high that it is difficult to ever satisfy them.

*Hesitant*. Slow to get moving and hard to get involved.

**28**

*Permissive*. Allows others (including children) to do as they please in order to keep from being disliked.

*Proud*. One with great self-esteem who sees himself as always right and the best person for the job.

*Pessimistic*. While hoping for the best, this person generally sees the downside of a situation first.

*Plain*. A middle-of-the-road personality without highs or lows and showing little, if any, emotion.

**29**

*Angered easily*. One who has a childlike flash-in-the-pan temper that expresses itself in tantrum style and is over and forgotten almost instantly.

*Argumentative*. Incites arguments generally because he is right, no matter what the situation may be.

*Alienated*. Easily feels estranged from others, often because of insecurity or fear that others don't really enjoy his company.

*Aimless*. Not a goal-setter with little desire to be one.

**30**

*Naïve*. Simple and childlike perspective, lacking sophistication or comprehension of what the deeper levels of life are really about.

*Nervy*. Full of confidence, fortitude, and sheer guts, often in a negative sense.

*Negative attitude*. One whose attitude is seldom positive and is often able to see only the down or dark side of each situation.

*Nonchalant*. Easy-going, unconcerned, indifferent.

**31**

*Wants credit*. Thrives on the credit or approval of others. As an entertainer this person feeds on the applause, laughter, and/or acceptance of an audience.

*Workaholic*. An aggressive goal-setter who must be constantly productive and feels very guilty when resting, is not driven by a need for perfection or completion but by a need for accomplishment and reward.

*Withdrawn*. A person who pulls back to himself and needs a great deal of alone or isolation time.

*Worrier*. Consistently feels uncertain, troubled, or anxious.

**32**

*Talkative*. An entertaining, compulsive talker who finds it difficult to listen.

*Tactless*. Sometimes expresses himself in a somewhat offensive and inconsiderate way.

*Too sensitive*. Overly introspective and easily offended when misunderstood.

*Timid*. Shrinks from difficult situations.

**33**

*Disorganized*. Lack of ability to ever get life in order.

*Domineering*. Compulsively takes control of situations and/or people, usually telling others what to do.

*Depressed*. A person who feels down much of the time.

*Doubtful*. Characterized by uncertainty and lack of confidence that it will ever work out.

**34**

*Inconsistent*. Erratic, contradictory, with actions and emotions not based on logic.

*Inoltrcant*. Appears unable to withstand or accept another's attitudes, point of view, or way of doing things.

*Intravert*. A person whose thoughts and interests are directed inward, lives within himself.

*Indifferent*. A person to whom most things don't matter one way or the other.

**35**

*Messy*. Living in a state of disorder, unable to find things.

*Manipulative*. Influences or manages shrewdly or deviously for his own advantage, will get his way somehow.

*Moody*. Doesn't get very high emotionally, but easily slips into low lows, often when feeling unappreciated.

*Mumbles*. Will talk quietly under the breath when pushed, doesn't bother to speak clearly.

**36**

*Show-off*. Needs to be the centre of attention, wants to be watched.

*Stubborn*. Determined to exert his or her own will, not easily persuaded, obstinate.

*Sceptical*. Disbelieving, questioning the motive behind the words.

*Slow*. Doesn't often act or think quickly, too much of a bother.

**37**

*Loud*. A person whose laugh or voice can be heard above others in the room.

*Lord over others*. Doesn't hesitate to let you know that he is right or is in control.

*Loner*. Requires a lot of private time and tends to avoid other people.

*Lazy*. Evaluates work or activity in terms of how much energy it will take.

**38**

*Scatter-brained*. Lacks the power of concentration or attention, flighty.

*Short-tempered*. Has a demanding impatience-based anger and a short fuse.

Anger is expressed when others are not moving fast enough or have not completed what they have been asked to do.

*Suspicious*. Tends to suspect or distrust others or ideas.

*Sluggish*. Slow to get started, needs push to be motivated.

**39**

*Restless*. Likes constant new activity because it isn't fun to do the same things all the time.

*Rash*. May act hastily, without thinking things through, generally because of impatience.

*Revengeful*. Knowingly or otherwise holds a grudge and punishes the offender, often subtly withholding friendship or affection.

*Reluctant*. Unwilling or struggles against getting involved.

**40**

*Changeable*. A childlike, short attention span that needs a lot of change and variety to keep from getting bored.

*Croffy*. Shrewd, one who can always find a way to get to the desired end.

*Critical*. Constantly evaluating and making judgments, frequently thinking or expressing negative reactions.

*Compromising*. Will often relax his position, even when right, in order to avoid conflict.