YOUR TEMPERAMENT ASSESSMENT SCALE

By answering the following questions for yourself, you can increase your understanding of your own temperament.

1. **Activity Level.** How much do you need to move around during the workday? Can you sit through a long meeting without wiggling?
   - Active 1 3 5  Quiet

2. **Regularity.** How regular are you in your eating, sleeping, and elimination habits?
   - Regular 1 3 5  Irregular

3. **Adaptability.** How quickly do you adapt to a change in schedule or routine, a new place or food?
   - Adapt quickly 1 3 5  Slow to adapt

4. **Approach/Withdrawal.** How do you react the first time to new people, places, activities, or tools?
   - Initial approach 1 3 5  Initial withdrawal

5. **Physical Sensitivity.** How aware are you of slight differences in noise level, temperature, or touch?
   - Not sensitive 1 3 5  Very sensitive

6. **Intensity of Reaction.** How strong are your reactions?
   - High intensity 1 3 5  Mild reaction

7. **Distractibility.** Are you easily distracted?
   - Very distractible 1 3 5  Not distractable

8. **Positive or Negative Mood.** How much of the time do you show pleasant, joyful behavior compared with unpleasant or grouchy moods?
   - Positive mood 1 3 5  Negative mood

9. **Persistence.** How long will you continue with a difficult task?
   - Long attention span 1 3 5  Short attention span