Worksheet 1. Reading: Personality-Type Questionnaire

Read about types of personalities and personality tests. Take this short test. The results are on the next page.

What kind of personality do you have? Are you a Type A personality, or a Type B personality? Type A personality describes a person who feels driven to succeed, and often does succeed. Type B personality describes a person who is less driven and more social.

There are various kinds of tests which are supposed to tell you about your own personality. Here are some sample questions. Take the test, and then look at the results on the next page.

1. You are almost always on time for your appointments.
   O Yes   O No

2. You enjoy having a wide circle of acquaintances.
   O Yes   O No

   O Yes   O No

4. You spend your leisure time actively socializing with a group of people.
   O Yes   O No

5. It bothers you if you cannot finish what you had planned for the day.
   O Yes   O No

6. You easily empathize with the feelings and concerns of other people.
   O Yes   O No

7. It is in your nature to assume responsibility.
   O Yes   O No

8. A thirst for adventure is close to your heart.
   O Yes   O No

9. You often spend your lunch hour working at your desk.
   O Yes   O No

10. You look forward to having lunch with a friend or colleague outside of the office.
    O Yes   O No
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Results:

If you answered “yes” to all the odd-numbered questions (Numbers 1, 3, 5, 7 and 9), you are probably a Type A personality. If you answered “yes” to the even numbered questions (Numbers 2, 4, 6, 8, 10), you are probably a Type B personality. Maybe you are a combination of Type A and Type B personality.

(More detailed descriptions of Type A and Type B personalities are in Worksheet 3 and Worksheet 5.)

Circle T if the statement is true according to the questionnaire. Circle F if it is false.

1. T / F Type B personalities feel it’s very important to be on time.

2. T / F In general, Type B seems to enjoy people more than Type A does.

3. T / F Type A personalities trust their heads more than their hearts.

4. T / F Type A people like to socialize whenever they have the chance.

5. T / F Type A people feel that they must complete all the things that had planned to complete that day.

6. T / F Type B personalities are concerned with how other people feel.

7. T / F Type B is always looking for more responsibilities.

8. T / F Type B likes adventure.

9. T / F Type A likes to go out for lunch with colleagues and clients.

10. T / F Type B likes to have lunch in the office.