Worksheet 3. Reading: *Type A Personality*

Read the descriptions of the Type A personality. Answer the questions that follow.

**The Type A Personality**

The Type A personality has an *intense* drive to *achieve goals* and likes to *compete*. These are people who have a *persistent* desire for recognition and advancement. They are *super-achievers* and *high-powered* people.

They demand a lot of others and are often critical. They are not *tolerant* of imperfection. They often work too hard and don’t pay attention to their health.

But, even though Type A personalities are often difficult, they can also be good and *loyal* friends. They may also excel at certain sports and games, and form strong *friendships* with team mates.

Type A personalities are often found as business owners, managers, sales people (especially those who work on *commission*), CEOs (Chief Executive Officers) of corporations, and in other positions that require a *take-charge* person.

Answer the questions according to the information in the Reading. Circle all correct answers. Some items have more than one correct answer.

1. Which words describe Type A personalities?
   a. competitive
   b. high-powered
   c. demanding
   d. tolerant
   e. take-charge

2. What do Type A personalities often do?
   a. They might work too hard.
   b. They play sports too much.

3. Which statement is true?
   a. Type A personalities are very concerned with their health.
   b. Type A personalities can be careless of their health.

4. Which professions or occupations are typical Type As often found in?
   a. actors
   b. chefs
   c. owners of businesses
   d. top salespeople
   e. chief executive officers of corporations

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