

NEGATIVE TRAIT INVENTORY

RATE _____

on each of the following traits. Put the number from the rating scale which most accurately describes yourself after each word.

Rating scale: 0 = never, 1 = seldom, 2 = sometimes, 3= often, 4 = usually

Argumentative _____

Harsh _____

Arrogant _____

Hateful _____

Belittling _____

Holier-than -thou _____

Blame shifting _____

Blow up _____

Brash _____

Brutal _____

Clam up _____

Cliquish _____

Close minded _____

Complaining _____

Conceited _____

Correcting _____

Covetous _____

Crabby _____

Critical _____

Cruel _____

Deceitful _____

Demanding _____

Disobedient _____

Domineering _____

Embarrassing _____

Fussy _____

Get the last word _____

Glib _____

Gossipy _____

Greedy _____

Never satisfied _____

Over ambitious _____

Overbearing _____

Overly Independent _____

Perfectionist _____

Hostile _____

Hateful _____

Hypocritical _____

Impatient _____

Impractical _____

Inconsiderate _____

Inconsistent _____

Impractical _____

Indecisive _____

Indifferent _____

Inflexible _____

Insensitive _____

Insolent _____

Insulting _____

Interfering _____

Interrupting _____

Irresponsible _____

Jealous _____

Judgmental _____

Lazy _____

Lordly _____

Lying _____

Malicious _____

Manipulating _____

Nagging _____

Touchy _____

Tyrannical _____

Unbelieving _____

UnChristlike _____

Uncooperative _____

Undiscerning _____

Unfair _____

Petty _____
Picky _____
Possessive _____
Procrastinator _____
Pushy _____
Put off confronting _____
Quarrelsome _____
Rationalizing _____
Rebellious _____
Reckless _____
Resentful _____
Rigid _____
Rude _____
Sarcastic _____
Scheming _____
Secretive _____
Selfish _____
Self-willed _____
Shouting _____
Slanderous _____
Snoopy _____
Spineless _____
Spiteful _____
Squanderer _____
Stingy _____
Stubborn _____
Suspicious _____
Tactless _____
Temper outbursts _____
Thin-skinned _____
Thoughtless _____

Unforgiving _____
Ungrateful _____
Unkind _____
Unloving _____
Unmerciful _____
Unreasonable _____
Unsubmissive _____
Untrustworthy _____
Untruthful _____
Wasteful _____
Wishy-washy _____