Seldom gloomy or moody? Are you: Competitive? Intense? Someone who experiences frequent elation of spirit? Quick to react, with the effects of your reactions lasting a long Someone who makes decisions based on principles/ideas? time? Someone who is quick and decisive in movement? A, leader, an initiator, a doer/a person of action, a take-charge **Excessively energetic?** person? A natural public speaker? Self-composed, not prone embarrassment, anxiety or worry? Forward, bold and forthright? Are vou: Logical, pragmatic, someone who pushes plans through? Inclined to be defensive and prideful? Someone who doesn't display emotions easily (except anger)? Frequently tempted to retaliate? Impetuous? **Argumentative?** Eager to express yourself and a lover of debate? Interruptive? Persevering, persistent, driven to achieve goals and productive? Want to be right? Self-confident: self-reliant: not a follower? Headstrong? Private. but at the same time extraverted? Impatient? Someone who abhors sentimentality? Easily hurt and touchy? Logical, decisive? React strongly to praise or blame? Perhaps a bit conceited? Quick-tempered? Optimistic - someone who looks for the positive? Have difficulty admitting your faults? Do you: Are you: Slow to react, with the intensity of your reaction growing over time Struggle to prioritise well? and lasting a long time? Often represent yourself at a disadvantage? Introspective, introverted? Tend to discouragement and self-pity? Idealistic? Worry over possible misfortune? **Self-sacrificing? Compliant and yielding?** Have a tendency towards hypochondria? Sensitive, thoughtful, deep, poetic, a thinker? **Get easily hurt? Depressed?** Empathetic? Hold arudaes? Spiritual? Tend towards avarice and gluttony? Over cautious, someone who second-quesses? Are you: A perfectionist? Frequently moody or gloomy? Pessimistic? Goal-oriented? Indecisive? Overcautious even in minor matters? **Motivated by problems?** Critical? **Detached from your environment? Self-conscious and easily embarrassed?** Exclusive, someone who prefers to have just a few friends? Modest and unassuming? Someone who likes to be alone, work and play alone? Timid, bashful, a reluctant public speaker? Slow in making decisions? Lacking in self-confidence and initiative? Someone who detests injustice? Reserved and distant except to intimate friends? Someone who makes decisions based on principles/ideas? Very sensitive and easily hurt? Not inclined to speak unless spoken to? Secretive? Seclusive?

Are you: Quick to react? With reactions lasting a short time? Love variety? Like clothes? **Relationship-orientated?** Someone who just loves to be with people? Enjoy shopping and eating out? The life of the party? A social butterfly? Possess high energy? Carefree? Welcome change? Funny? Make friends easily? Self-assured and seldom embarrassed? Like to talk in front of groups? Make decisions based on relationships/feelings? Frank? Tend to prefer informality? Talkative? Tend to follow rather than lead? Popular? Optimistic, eager and enthusiastic? Adjust easily? Docile and peaceable? Are you: A follower? Inclined to be faddish? **Quick to forgive?** Prone to vanity? Attuned to the environment? Less interested in follow-through and lacking in perseverance? **Spontaneous?** At times superficial and hedonistic? **Process orientated?** Lacking in initiative? Aware of your surroundings? Sometimes forgetful and prone to carelessness? Restless? Do vou: Flighty? Like groups? Impetuous and impulsive? Are vou: Slow to react? With reactions of short duration and not intense? Faithful, reliable and constant in mood and behaviour? Quiet? Peaceful? Calm under pressure? Well-behaved and polite? A follower? Respectful? Orderly? **Dutiful? Dependable?** Not easily provoked, but feelings can be easily hurt? Diplomatic and a peace-maker? Not prone to worry Sensitive to others' needs? Low-key? Relatively unaffected by environment? Introverted? Reserved? Distant? Easygoing Someone who would rather please others than do what you want? Procedural and deliberative? Prone to sluggishness, stagnation sloth or indifference? Dispassionate? Do vou: Well-liked by most everyone? Enjoy peace and quiet and hate conflict? A homebody? Makes decisions based on relationships/feelings? Patient and tolerant? Have a dry wit? **Process-orientated?** Like structure and prefer routine? Slow in movement? Require motivating?

From: Bennett, A. & L, 2005. The Temperament God Gave You, Sophia Institute Press, Manchester, New Hampshire