*Stress Management Training S3.a*

*Session Three*

*Stress and Personality Type Assessment*

Name...................................................................................................................................................

Circle the number that is the closest to where you belong between the two extremes:

Don't mind leaving 1 2 3 4 5 6 7 Must get things finished

things temporarily once started.

unfinished.

Calm and unhurried 1 2 3 4 5 6 7 Never late for

about appointments. appointments.

Not competitive. 1 2 3 4 5 6 7 Highly competitive.

Listen well, let others 1 2 3 4 5 6 7 Anticipate others in

finish speaking. conversation, interrupt,

 finishing their sentences.

Never in a hurry, 1 2 3 4 5 6 7 Always in a hurry.

even when pressured.

Able to wait calmly 1 2 3 4 5 6 7 Uneasy when waiting.

Easy-going. 1 2 3 4 5 6 7 Always going at full speed.

Take one thing at 1 2 3 4 5 6 7 Try to do more than one

a time thing at a time. What's next?

Slow and deliberate 1 2 3 4 5 6 7 Vigorous and forceful in

in speech. in speech, use a lot of

 gestures.

Relaxed. 1 2 3 4 5 6 7 Hard-driving.

Express feelings 1 2 3 4 5 6 7 Hold feeling in.

openly.

Have a large number 1 2 3 4 5 6 7 Few interests.

of interests.

Satisfied with life. 1 2 3 4 5 6 7 Ambitious.

Never set own 1 2 3 4 5 6 7 Often set own deadlines.

deadlines.

Feel limited 1 2 3 4 5 6 7 Always feel responsible.

responsibility.

Never judge things 1 2 3 4 5 6 7 Quantity is more important.

in terms of quantity,

just quality.

Casual about work. 1 2 3 4 5 6 7 Take work very seriously.

Not very precise. 1 2 3 4 5 6 7 Very precise, careful about

 detail.

Concerned with 1 2 3 4 5 6 7 Want recognition from others

satisfying yourself, for a job well done.

not others.

Slow doing things. 1 2 3 4 5 6 7 Fast doing things.

**Now, add up your scores and go to the Answer Sheet** (S3aa) **attached to interpret what they mean.**