

Handout I.11A Continued

Temperament Assessment Quiz for Adults

SENSITIVITY/SENSORY THRESHOLD: How tolerant are you of extremes in noise, temperature, tastes, etc.? Do you thrive on loud music (low sensitivity) or hate background music (high sensitivity)? Consider all of your senses as many of us have differences from one sense to another, but pay attention to a strong sensitivity in one area.

1	2	3	4	5	6	7	8	9	10
Low Sensitivity							High Sensitivity		

INTENSITY OF REACTION: Extremes are the hallmark of this trait. Do you shout when others talk or "burn" inside (intense reaction), or do you let things roll off your back (mild reaction)?

1	2	3	4	5	6	7	8	9	10
Mild Reaction							Intense Reaction		

DISTRACTIBILITY: Are you a good listener, even when the television is on (low distractibility), or do you have a hard time paying attention (high distractibility)?

1	2	3	4	5	6	7	8	9	10
Low Distractibility							Highly Distractibility		

QUALITY OF MOOD: Are you generally a happy camper (positive mood) or a sad sack (negative mood)?

1	2	3	4	5	6	7	8	9	10
Positive Mood							Negative Mood		

PERSISTENCE: Do you stick with something until it is finished (high persistence), or do you move on quickly when something is difficult (low persistence)?

1	2	3	4	5	6	7	8	9	10
Low Persistence							High Persistence		