

Handout I.11A Temperament Assessment Quiz for Adults

For eac from 1 accomp	to 10.	When y	you are						
you pre relax, o plop in	efer to s	stop an unwind	d sme with a	ll the work	roses (out at	low ac	tivity)?	When	you
1	2	3	4	5	6	7	8	9	10
Low Ac	tivity							High A	ctivity
a sched (irregul needed several	dule (re lar)? Is " (regu	gular), your b lar), o	or do edtime does	you to e set a bedtir	ake ead and wa ne cha	ch mon king ho nge nig	nent as our "no ohtly a	s it com alarm	nes clock
1	2	3	4	5	6	7	8	9	10
Regular	r							Irr	egular
ADAPTABILITY: How well do you adjust to changes in your environment or transitions from one activity to another? Do you shift gears quickly (adapt quickly) or prefer to phase in slowly (adapt slowly)?									
1	2	3	4	5	6	7	8	9	10
Adapt (Quickly							Adapt	Slowly
and uninew ex (withdr	familiar perienc	situat	ions ar	nd peo	ple? A	re you	eager	for	
1	2	3	4	5	6	7	8	9	10
Approa	ch							Wit	hdraw

Handout I.11A Continued Temperament Assessment Quiz for Adults

of extre on loud sensitiv differen strong s	mes in music ity)? Co ces fro	noise, (low se onsider m one	tempensitive all of sense	erature vity) or f your s e to and	e, taste hate b senses	es, etc. ackgro as ma	? Do yound many of u	ou thri usic (h s have	ve nigh
1	2	3	4	5	6	7	8	9	10
Low Ser	nsitivity	/					Hig	gh Sen	sitivity
trait. Do	you s	hout w	hen o	thers t	alk or	"burn"	inside	(intens	se
1	2	3	4	5	6	7	8	9	10
Mild Rea	action						Inte	ense Re	eaction
television paying	on is or	low (distra	ctibility), or d				
1	2	3	4	5	6	7	8	9	10
Low Dis	tractib	ility				ļ	Highly	Distrac	ctibility
QUALI mood)						a hap	py can	nper (p	ositive
1	2	3	4	5	6	7	8	9	10
Positive	Mood						N	egative	e Mood
PERSIS (high podifficult	ersiste	nce), o	r do y	ou mo					
1	2	3	4	5	6	7	8	9	10
Low Per	rsistend	ce					Hig	h Pers	istence