



Worksheet 1. Reading: *Personality-Type Questionnaire*

Read about types of personalities and personality tests. Take this short test. The results are on the next page.

What kind of personality do you have? Are you a Type A personality, or a Type B personality? Type A personality describes a person who feels driven to succeed, and often does succeed. Type B personality describes a person who is less driven and more social.

There are various kinds of tests which are supposed to tell you about your own personality. Here are some **sample** questions. Take the test, and then look at the results on the next page.

1. You are almost always on time for your appointments.
 Yes No
2. You enjoy having a wide circle of acquaintances.
 Yes No
3. You **trust** reason **rather than** feelings.
 Yes No
4. You spend your **leisure time** actively **socializing** with a group of people.
 Yes No
5. It bothers you if you cannot finish what you had planned for the day.
 Yes No
6. You easily **empathize** with the **feelings** and **concerns** of other people.
 Yes No
7. It is in your nature to assume responsibility.
 Yes No
8. A **thirst for adventure** is close to your heart.
 Yes No
9. You often spend your lunch hour working at your desk.
 Yes No
10. You look forward to having lunch with a friend or **colleague** outside of the office.
 Yes No





Worksheet 1, page 2

Results:

If you answered "yes" to all the odd-numbered questions (Numbers 1, 3, 5, 7 and 9), you are probably a Type A personality. If you answered "yes" to the even numbered questions (Numbers 2, 4, 6, 8, 10), you are probably a Type B personality. Maybe you are a combination of Type A and Type B personality.

(More detailed descriptions of Type A and Type B personalities are in Worksheet 3 and Worksheet 5.)

Circle T if the statement is true according to the questionnaire. Circle F if it is false.

1. T / F Type B personalities feel it's very important to be on time.
2. T / F In general, Type B seems to enjoy people more than Type A does.
3. T / F Type A personalities trust their heads more than their hearts.
4. T / F Type A people like to socialize whenever they have the chance.
5. T / F Type A people feel that they must complete all the things that had planned to complete that day.
6. T / F Type B personalities are concerned with how other people feel.
7. T / F Type B is always looking for more responsibilities.
8. T / F Type B likes adventure.
9. T / F Type A likes to go out for lunch with colleagues and clients.
10. T / F Type B likes to have lunch in the office.

