

**PERSONALITY PROFILE ASSESSMENT (A)**

In each of the following rows of four words **across**, mark the **one** word that most often applies to you. Note that the words are not in the same order on both sheets.

1	<b>Adventurous</b> One who will take on new and daring enterprises with a determination to master them	<b>Adaptable</b> Easily fits and is comfortable in any situation	<b>Animated</b> Full of life, lively use of hand, arm and face gestures	<b>Analytical</b> Likes to examine the parts for their logical and proper relationships
2	<b>Persistent</b> Sees one project through to its completion before starting another	<b>Playful</b> Full of fun and good humour	<b>Persuasive</b> Convinces through logic and fact rather than charm and power	<b>Peaceful</b> Seems undisturbed and tranquil and retreats from any form of strife
3	<b>Submissive</b> Easily accepts any other's point of view or desire with little need to assert his own opinion	<b>Self-Sacrificing</b> Willingly gives up his own personal being for the sake of, or to meet the needs of others	<b>Sociable</b> Being with others as an opportunity to be cute and entertaining rather than challenge or business opportunity	<b>Strong-willed</b> One who is determined to have his own way
4	<b>Considerate</b> Having regard for the needs and feelings of others	<b>Controlled</b> Has emotional feelings but rarely displays them	<b>Competitive</b> Turns every situation, happening, or game into a contest and always plays to win!	<b>Convincing</b> Can win you over to anything through the sheer charm of his personality
5	<b>Refreshing</b> Renews and stimulates or makes others feel good	<b>Respectful</b> Treats others with deference, honour and esteem	<b>Reserved</b> Self-restraint in expression of emotion or enthusiasm	<b>Resourceful</b> Able to act quickly and effectively in virtually all situations
6	<b>Satisfied</b> A person who easily accepts any circumstance or situation	<b>Sensitive</b> Intensively cares about others, and what happens	<b>Self-reliant</b> An independent person who can fully rely on his own capabilities, or judgment and resources	<b>Spirited</b> Full of life and excitement
7	<b>Planner</b> Prefers to work detailed arrangement beforehand for accomplishment of project / goal, & prefers involvement with the planning stages and the finished product rather than the carrying out of the task	<b>Patient</b> Unmoved by delay, remains cool and tolerant	<b>Positive</b> Knows it will turn out right if she's in charge	<b>Promoter</b> Urges or compels others to go along, join or invest through the charm of his own personality
8	<b>Sure</b> Confident, rarely hesitates or wavers	<b>Spontaneous</b> Prefers all of life to be impulsive, unpremeditated activity, not restricted by plans	<b>Scheduled</b> Makes and lives according to a daily plan, dislikes his plan to be interrupted	<b>Shy</b> Quiet, doesn't easily instigate a conversation
9	<b>Orderly</b> A person who has a methodical, systematic arrangement of things	<b>Obliging</b> Accommodating. One who is quick to do it another's way	<b>Outspoken</b> Speaks frankly and without reserve	<b>Optimistic</b> Sunny disposition who convinces himself and others that everything will turn out all right
10	<b>Friendly</b> A responder rather than an initiator, seldom starts a conversation	<b>Faithful</b> Consistently reliable, steadfast, loyal and devoted sometimes beyond reason	<b>Funny</b> Sparkling sense of humour that can make virtually any story into a hilarious event	<b>Forceful</b> A commanding personality show others who would hesitate to take a stand against
11	<b>Daring</b> Willing to take risk; fearless, bold	<b>Delightful</b> A person who is upbeat and fun to be with	<b>Diplomatic</b> Deals with people tactfully, sensitively and patiently	<b>Detailed</b> Does everything in proper order with a clear memory of all the things that happen
12	<b>Cheerful</b> Consistently in good spirits and promoting happiness in others	<b>Consistent</b> Stays emotionally on an even keel, responding as one might expect	<b>Cultured</b> One whose interest involve both intellectual and artistic pursuits, such as theatre, symphony and ballet.	<b>Confident</b> Self-assured and certain of own ability and success
13	<b>Idealistic</b> Visualizes things in their perfect form, and has a need to measure up to that standard himself	<b>Independent</b> Self-sufficient, self-supporting, self-confident, and seems to have little need of help	<b>Inoffensive</b> A person who never says or causes anything unpleasant or objectionable	<b>Inspiring</b> Encourages others to work, join, or be involved, and makes the whole thing fun
14	<b>Demonstrative</b> Openly expresses emotion, especially affection and doesn't hesitate to touch others while speaking to them	<b>Decisive</b> A person with quick, conclusive, judgment-making ability	<b>Dry Humour</b> Exhibits "dry wit" usually one-liners which can be sarcastic in nature	<b>Deep</b> Intense and often introspective with a distaste for surface conversation and pursuits

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15	<b>Mediator</b> Consistently finds him or herself in the role of reconciling differences in order to avoid conflict	<b>Musical</b> Participates in or has a deep appreciation for music, is committed to music as an art form, rather than the fun of performance	<b>Mover</b> Driven by a need to be productive, is a leader whom others follow, finds it difficult to sit still	<b>Mixes easily</b> Loves a party and can't wait to meet everyone in the room, never meets a stranger
16	<b>Thoughtful</b> A considerate person who remembers special occasions and is quick to make a kind gesture	<b>Tenacious</b> Holds on firmly, stubbornly and won't let go until the goal is accomplished	<b>Talker</b> Constantly talking, generally telling funny stories and entertaining everyone around, feeling the need to fill the silence in order to make others comfortable	<b>Tolerant</b> Easily accepts the thoughts and ways of others without the need to disagree with or change them
17	<b>Listener</b> Always seems willing to hear what you have to say	<b>Loyal</b> Faithful to a person, ideal, or job sometimes beyond reason	<b>Leader</b> A natural born director, who is driven to be in charge and often find it difficult to believe that anyone else can do the job as well	<b>Lively</b> Full of life, vigorous, energetic
18	<b>Contented</b> Easily satisfied with what he has, rarely envious	<b>Chief</b> Commands leadership and expects people to follow	<b>Chart maker</b> Organizes life, tasks and problem solving by makings lists, forms or graphs	<b>Cute</b> Precious, adorable, centre of attention
19	<b>Perfectionist</b> Places high standards on himself, and often on others, desiring that everything be in proper order at all times	<b>Pleasant</b> Easy-going, easy to be around, easy to talk with	<b>Productive</b> Must constantly be working or achieving, often finds it very difficult to rest	<b>Popular</b> Life of the party and therefore mush desired as a party guest
20	<b>Bouncy</b> A bubbly, lively personality full of energy	<b>Bold</b> Fearless, daring, forward, unafraid of risk	<b>Behaved</b> Consistently desires to conduct himself within the realm of what he feels is proper	<b>Balanced</b> Stable, middle-of-the-road personality, not subject to sharp highs or lows
21	<b>Blank</b> A person who shows little facial expression or emotion	<b>Bashful</b> Shrinks from getting attention, resulting from self-consciousness	<b>Brassy</b> Showy, flashy, comes on strong, too loud	<b>Bossy</b> Commanding, domineering, sometimes overbearing in adult relationships
22	<b>Undisciplined</b> A person whose lack of order permeates most every area of his life	<b>Unsympathetic</b> Finds it difficult to relate to the problems or hurts of others	<b>Unenthusiastic</b> Tends to not get excited, often feeling it won't work anyway	<b>Unforgiving</b> One who has difficulty forgiving or forgetting a hurt or injustice done to them, apt to hold onto a grudge
23	<b>Reticent</b> Unwilling or struggles against getting involved, especially when complex	<b>Resentful</b> Often holds ill feelings as a result of real or imagined offenses	<b>Resistant</b> Strives, works against, or hesitates to accept any other way but his own	<b>Repetitious</b> Retells stories and incidents to entertain you without realizing he has already told the story several times before, is constantly needing something to say
24	<b>Fussy</b> Insistent over petty matters or details, calling for great attention to trivial details	<b>Fearful</b> Often experiences feelings of deep concern, apprehension or anxiousness	<b>Forgetful</b> Lack of memory which is usually tied lack of discipline and not bothering to mentally record things that aren't fun	<b>Frank</b> Straightforward, outspoken and doesn't mind telling you exactly what he thinks
25	<b>Impatient</b> A person who finds it difficult to endure irritation or wait for others	<b>Insecure</b> One who is apprehensive or lacks confidence	<b>Indecisive</b> The person who finds it difficult to make any decision at all	<b>Interrupts</b> A person who is more of a talker than a listener, who starts speaking without even realizing someone else is already speaking
26	<b>Unpopular</b> A person whose intensity and demand for perfection can push others away	<b>Uninvolved</b> Has no desire to listen or become interested in clubs, groups, activities or other people's lives	<b>Unpredictable</b> May be ecstatic one moment and down the next, or willing to help but then disappears, or promises to come but forgets to show up	<b>Unaffectionate</b> Finds it difficult to verbally and physically demonstrate tenderness openly
27	<b>Headstrong</b> Insists on having his own way	<b>Haphazard</b> Has no consistent way of doing things	<b>Hard to please</b> A person whose standards are set so high that it is difficult to ever satisfy them	<b>Hesitant</b> Slow to get moving and hard to get involved
28	<b>Plain</b> A middle-of-the-road personality without highs or lows and showing little, if any, emotion	<b>Pessimistic</b> While hoping for the best, this person generally sees the downside of a situation first	<b>Proud</b> One with great self-esteem who sees himself as always right and the best person for the job	<b>Permissive</b> Allow others (including children) to do as they please in order to keep from being disliked
29	<b>Angered easily</b> One who has childlike flash-in-the-pan temper that expresses itself in tantrum style and is over and forgotten almost instantly	<b>Aimless</b> Not a goal-setter with little desire to be one	<b>Argumentative</b> Incites arguments generally because he is right, no matter what the situation may be	<b>Alienated</b> Easily feels estranged from others, often because of insecurity or fear that others don't really enjoy his company
30	<b>Naïve</b> Simple and childlike perspective, lacking sophistication or comprehension of what the deeper levels of life are really about	<b>Negative Attitude</b> One whose attitude is seldom positive and is often able to attitude see only the down or dark side of each situation	<b>Nervy</b> Full of confidence, fortitude, and sheer guts, often in a negative sense	<b>Nonchalant</b> Easy going, unconcerned, indifferent

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31	<b>Worrier</b> Consistently feels uncertain, troubled or anxious	<b>Withdrawn</b> A person who pulls back to himself and needs a great deal of alone or isolation time	<b>Workaholic</b> An aggressive goal-setter who must be constantly productive and feels very guilty when resting, is not driven by a need for perfection or completion but by a need for accomplishment and reward	<b>Wants credit</b> Thrives on the credit or approval of others. As an entertainer this person feeds on the applause, laughter and/or acceptance of an audience
32	<b>Too sensitive</b> Overly introspective and easily offended when misunderstood	<b>Tactless</b> Sometimes expresses himself in a somewhat offensive and inconsiderate way	<b>Timid</b> Shrinks from difficult situations	<b>Talkative</b> An entertaining, compulsive talker who finds it difficult to listen
33	<b>Doubtful</b> Characterized by uncertainty and lack of confidence that it will ever work out	<b>Disorganised</b> Lack of ability to ever get life in order	<b>Domineering</b> Compulsively take control of situations and/or people, usually telling others what to do	<b>Depressed</b> A person who feels down much of the time
34	<b>Inconsistent</b> Erratic, contradictory, with actions and emotions not based on logic	<b>Introvert</b> A person whose thoughts and interests are directed inward, lives within himself	<b>Intolerant</b> Appears unable to withstand or accept another's attitudes, point of view or way of doing things	<b>Indifferent</b> A person to whom most things don't matter one way or the other
35	<b>Messy</b> Living in a state of disorder, unable to find things	<b>Moody</b> Doesn't get very high emotionally, but easily slips into low lows, often feeling unappreciated	<b>Mumbles</b> Will talk quietly under the breath when pushed, doesn't bother to speak clearly	<b>Manipulative</b> Influences or manages shrewdly or deviously for his own advantage, will get his way somehow
36	<b>Slow</b> Doesn't often act or think quickly, too much of a bother	<b>Stubborn</b> Determined to exert his or her own will, not easily persuaded, obstinate	<b>Show-off</b> Needs to be the centre of attention, wants to be watched	<b>Sceptical</b> Disbelieving, questioning the motive behind the words
37	<b>Loner</b> Requires a lot of private time and tends to avoid other people	<b>Lord over others</b> Doesn't hesitate to let you know that he is right or is in control	<b>Lazy</b> Evaluates work or activity in terms of how much energy it will take	<b>Loud</b> A person whose laugh or voice can be heard above others in the room
38	<b>Sluggish</b> Slow to get started, needs push to be motivated	<b>Suspicious</b> Tends to suspect or distrust others or ideas	<b>Short-tempered</b> Has a demanding impatience-based anger and a short fuse	<b>Scatter-brained</b> Lacks the power of concentration or attention, flighty
39	<b>Revengeful</b> Knowingly or otherwise holds a grudge and punishes the offender, often by subtly withholding friendship / affection	<b>Restless</b> Likes constant new activity because it isn't fun to do the same things all the time	<b>Reluctant</b> Unwilling or struggles against getting involved	<b>Rash</b> May act hastily, without thinking things through, generally because of impatience
40	<b>Compromising</b> Will often relax his position, even when right, in order to avoid conflict	<b>Critical</b> Constantly evaluating and making judgments, frequently thinking or expressing negative reactions	<b>Crafty</b> Shrewd, one who can always find a way to get to the desired end	<b>Changeable</b> A childlike, short attention span that needs a lot of change and variety to keep from getting bored