



Name \_\_\_\_\_

Date \_\_\_\_\_

Instructor \_\_\_\_\_

Section \_\_\_\_\_

## Assessing Your Personality Behavior Pattern

Select the position that you feel best reflects your typical behavior in the situations described. Behaviors exhibited by extreme Type A behavior pattern fall to the left, and those exhibited by extreme Type B behavior pattern fall to the right.

Extreme Type A Behavior Pattern	1	2	3	4	5	Extreme Type B Behavior Pattern
Fast at doing things	1	2	3	4	5	Slow at doing things (eating, talking, walking)
Unable to wait patiently	1	2	3	4	5	Able to wait patiently
Never late	1	2	3	4	5	Unconcerned about being on time
Very competitive	1	2	3	4	5	Not competitive
Poor listener (I finish other people's sentences for them)	1	2	3	4	5	Good listener
Always in a hurry	1	2	3	4	5	Never in a hurry
Always do two or more things at once	1	2	3	4	5	Take one thing at a time
Speak quickly and forcefully	1	2	3	4	5	Speak slowly and deliberately
Need recognition from others	1	2	3	4	5	Don't worry about what others think
Push myself (and others) hard	1	2	3	4	5	Easygoing
Don't express feelings	1	2	3	4	5	Good at expressing feelings
Few interests outside school or work	1	2	3	4	5	Many hobbies and interests
Very ambitious	1	2	3	4	5	Not ambitious
Eager to get things done	1	2	3	4	5	Deadlines don't bother me

### INTERPRETATION

- If the majority of your responses are 1s, then you fall in the **Extreme Type A Behavior Pattern**. This personality behavior pattern is described as extremely competitive, highly committed to work, with an extreme sense of time urgency. Such individuals are extremely goal oriented, and can become hostile if someone gets between them and a goal they have established.
- If the majority of your responses are 2s with a few 1s, then you fall in the **Type A Behavior Pattern**. Type A behavior pattern is characterized by the traits listed for Extreme Type A behavior pattern, but they are moderated somewhat. People who exhibit this behavior pattern are ambitious, competitive, and goal oriented, with a sense of time urgency.
- If your responses are a mixture of the behavior patterns, you are described as a **Balanced Personality**. People with this type of personality get things done, but not at all costs. They can compete but do not feel they have to. They are more laid-back and inclined to give people the benefit of the doubt. They balance leisure time and work time.
- If the majority of your responses are 4s with some 5s, then you fall in the **Type B Behavior Pattern**. People with Type B behavior pattern are easygoing and lack a strong sense of time urgency. They don't like to compete and won't let deadlines interfere with vacation or leisure time. It is not that they are less ambitious than those with Type A behavior pattern; they are just more relaxed.
- If the majority of your responses are 5s, then you fall in the **Extreme Type B Behavior Pattern**. This personality behavior pattern is very relaxed, with no sense of time urgency. In fact, Extreme Type Bs typically don't wear a watch. They try to avoid competition at all costs and never mix leisure time and work time.

**Remember:** This inventory is only one aspect of your personality. If your responses indicate Type A tendencies, you may want to assess your lifestyle and address some of the more stressful areas.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.