

PSA

Personality Style Assessment

We all have a different personality style. No personality style is the “right” personality style and no personality style is the “wrong” personality style. This exercise will help you determine the type of personality style that you have. Take your time filling out this worksheet. Answer each statement with complete honesty. Any statement that does not apply to you at all should be marked as **#1 – “Does not describe me at all.”**

Respond to the following statements using this key:

- 1 – Does not describe me at all**
- 2 – Only slightly describes me**
- 3 – Somewhat describes me**
- 4 – Mostly describes me**
- 5 – Completely describes me**

1. I prefer a freelance living style, and I live well by my talents, skills, ingenuity, and wits.
2. I tend to live by my own internal code of values and I am not much influenced by others or society’s norms.
3. As an adolescent, I tended to be a mischief maker.
4. I tend to be generous with money.
5. I tend to move from one thing to another, but I able to make plans and commitments for limited time periods.
6. I tend to be gifted in the art of winning friends.
7. I tend to be courageous, physically bold and tough and I will stand up to others who take advantage of me.
8. I tend not to worry too much about others. I expect others to be responsible for themselves.
9. I have a strong sex drive, and although I may desire several partners, I can remain faithful to one.
10. I tend to live in the present and don’t feel much guilt.
11. I feel like I am unable to sustain consistent work behavior.
12. I fail to conform to social norms with regard to lawful behavior, performing antisocial acts that are grounds for arrest.
13. I am irritable and aggressive and have been involved in physical fights or assaults.
14. I experience repeated failures to honor financial obligations, believing that money will turn up somehow.

15. I fail to plan ahead and I move around without a prearranged job or clear goals.
16. I have engaged in repeated lying, use of aliases, or conning others for personal profit.
17. I have driven a car while intoxicated or have I had more than a few speeding tickets.
18. I am not able to function as a responsible parent.
19. I have been unable to have a consistent relationship with a person of the opposite sex for a long period of time.
20. I lack remorse and I feel somewhat justified having hurt, mistreated, or stolen from others.
21. I am comfortable with repetition and routine; and I prefer the known to the unknown.
22. I have close allegiance with family and a few close friends and I tend to be a homebody.
23. I am sensitive and concerned about what others think and tend to be self-conscious.
24. I am very discrete and deliberate in dealing with others.
25. I tend to maintain reserved, self-restrained behavior around others.
26. I tend to be curious and can focus considerable attention on hobbies.
27. I exaggerate potential difficulties, physical dangers, or risks involved in doing something ordinary but outside of my usual routine.
28. I have no close friends or confidants (or only one) other than relatives.
29. I am unwilling to get involved with people unless I am certain of being liked.
30. When I am embarrassed I react by blushing, crying, or showing signs of anxiety in front of other people.
31. I am reserved in social situations because of a fear of saying something inappropriate or foolish.
32. I tend to be an underachiever and finds it difficult to focus on job tasks or hobbies.
33. I tend to experience passionate, focused attachments in all relationships.
34. I am emotionally active and reactive. I show my feelings and put my heart into everything.
35. I tend to be uninhibited, spontaneous, fun-loving, and undaunted by risk.
36. I tend to be creative, lively, busy, and engaged. I show initiative.
37. I am imaginative and curious. I am willing to experience and experiment with other cultures.
38. I tend to be deeply involved in a romantic relationship with one person.
39. I have a history of unstable and intense relationships alternating between extremes of over valuing others and under valuing others.
40. I am impulsive in at least two major areas of my life.
41. I experience emotional instability marked by shifts from depression, irritability or anxiety lasting a few hours and only rarely a few days.
42. I tend to have inappropriate intense anger or lack of control of anger.
43. I have issues related to my self-image, sexual orientation, long-term goals, type of friends, or my preferred values.
44. I make frantic efforts to avoid feelings of abandonment in relationships.
45. When making decisions, I am comfortable seeking out the opinions and advice of others but ultimately make my own decisions.
46. I carefully promote harmony with important people in my life through being polite, agreeable, and tactful.
47. Although I respect authority, I prefer the role of a team member.

48. I am thoughtful and good at pleasing others, maybe to the point of personal discomfort occasionally.
49. I prefer the company of one or more individuals to being alone.
50. I tend to be strongly committed to relationships and work hard to sustain them.
51. I can take corrective action in response to criticism.
52. I am unable to make everyday decisions without an excessive amount of advice or reassurance from others.
53. I agree with people even when I believe they are wrong because of a fear of rejection.
54. I have difficulty starting projects or doing things on my own.
55. I volunteer to do things that are unpleasant or demeaning in order to get other people to like me.
56. I feel uncomfortable or helpless when I am alone.
57. I feel devastated or helpless when close relationships end.
58. I am easily hurt by criticism or disapproval.
59. I enjoy compliments and praise.
60. I believe I am charming, engaging, and appropriately seductive in appearance and behavior.
61. I am attentive to my appearance and grooming.
62. I am lively and fun-loving.
63. I enjoy being the center of attention and can rise to the occasion when all eyes are on me.
64. I am sensation oriented, emotionally expressive, and physically affectionate.
65. I use a style of speech that is appropriately global and specific.
66. I constantly seek or demand reassurance, approval, or praise.
67. I can be sexually seductive in appearance and behavior.
68. I am very concerned with being physically attractive.
69. I can express emotion with inappropriate exaggeration.
70. I am uncomfortable in situations where I cannot be the center of attention.
71. I display rapidly shifting and shallow expression of emotion.
72. I use a style of speech that is lacking in detail.
73. Although I am emotionally vulnerable to negative assessments and feelings of others, I can handle them with style and grace.
74. I am shrewd in dealing with others, using the strengths and advantages of others to achieve my own goals.
75. I energetically sell myself, my ideas, and my projects.
76. I tend to be an able competitor who loves getting to the top and staying there.
77. I can visualize myself as the best or most accomplished in my field.
78. I believe in myself, my abilities, and my uniqueness.
79. I accept accomplishments, praise, and admiration gracefully and with self-possession.
80. I possess a keen awareness of my thoughts and feelings.
81. I expect others to treat me well at all times.
82. I can react to criticism with feelings of rage, stress, or humiliation.
83. I have taken advantage of others to achieve my own ends.
84. I tend to have a grandiose sense of self-importance.
85. I believe that my problems are unique to other people's problems.
86. I can be preoccupied by fantasies of unlimited success and power.
87. I have a sense of entitlement and expectations of favorable treatment.
88. I require constant attention and admiration.

89. I have a lack of empathy and an inability to recognize and experience how others feel.
90. I can be preoccupied with feelings of envy toward others.
91. I have a desire to complete tasks and projects without flaws or errors.
92. I take pride in doing all jobs and tasks well, including the smallest details.
93. I tend to want things done “just right” with some tolerance for things being done another way.
94. I am dedicated to working hard and I am capable of intense, single-minded effort.
95. I carefully consider alternatives and their consequences while making decisions.
96. I tend to have strong moral principles and strong desires to do the right thing.
97. I am a no-nonsense individual who does work without much emotional expenditure.
98. I am generally careful, thrifty, and cautious but able to share from my abundance.
99. I tend to save and collect objects and may be reluctant to discard objects.
100. I can be a perfectionist to the point of interference with job completion.
101. I can be preoccupied with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost.
102. I tend to insist that others submit to my way of doing things because things will not be done correctly otherwise.
103. I can have an excessive devotion to work and productivity to the exclusion of leisure activities and friendships.
104. I can avoid or postpone making decisions.
105. I can be over conscientious and inflexible about matters of morality, ethics, or values.
106. I can display restructured or manufactured emotions.
107. I can display a lack of generosity in giving time, money, or gifts when no personal gain will result.
108. I am unable to discard worn-out or worthless objects even when they have no sentimental value.
109. I am self-assured and confident in my ability to make decisions.
110. I am a good listener, and I am aware of subtlety, tone, and multiple levels of meaning.
111. I am able to take criticism seriously without becoming intimidated.
112. I place a high premium on loyalty and I work hard to earn and maintain loyalty.
113. I am careful in dealings with other people, preferring to size up individuals before entering into a relationship.
114. I am assertive and can defend myself without losing control and becoming aggressive.
115. I am reluctant to confide in others because of fear that the information will be used against me.
116. I tend to read hidden meanings or threats into people’s remarks or events.
117. I tend to bear grudges or I can be unforgiving of insults or slights.
118. I have questioned the fidelity of my spouse or sexual partner.
119. I have a fear of being harmed by others or a fear of being taken advantage of.
120. I can be easily slighted and quick to react with anger or to counterattack.
121. I have little need of companionship and I am most comfortable when alone.
122. I tend to be self-contained and do not require interaction with others in order to enjoy experiences or to live my life.
123. I am even-tempered and dispassionate. I am usually calm and rarely sentimental.
124. I am not driven by sexual needs.

125. I tend to be unaffected by either praise or criticism and can confidently come to terms with my own behavior.
126. I do not desire nor enjoy close relationships.
127. I almost always choose solitary activities.
128. I rarely if ever claim to have strong emotion such as anger or joy.
129. I experience only an indirect desire to have sexual experiences with another person.
130. I am indifferent to praise and criticism of others.
131. I tend to be tuned into and sustained by my own feelings and beliefs.
132. I keenly observe others and I am particularly sensitive to how others react to me.
133. I tend to be drawn to abstract and speculative thinking.
134. I am receptive to and interested in the occult, the extrasensory, and the supernatural.
135. I tend to be indifferent to conventional social standards and I lead an interesting and unusual lifestyle.
136. I am usually self-directed and independent, requiring few close relationships.
137. I can have ideas that might seem suspicious or paranoid to others.
138. I can have extreme anxiety around other people.
139. I have beliefs that others consider as odd.
140. I have seen things that don't exist, or heard things that other people don't hear.
141. Some people say that my behaviors are odd.
142. I have no close friends.

PSA

Personality Style Assessment Answer Sheet

Name: _____ Date: _____

- | | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
|-----|---|---|---|---|---|-----|---|---|---|---|---|------|---|---|---|---|---|------|---|---|---|---|---|
| 1. | O | O | O | O | O | 41. | O | O | O | O | O | 81. | O | O | O | O | O | 121. | O | O | O | O | O |
| 2. | O | O | O | O | O | 42. | O | O | O | O | O | 82. | O | O | O | O | O | 122. | O | O | O | O | O |
| 3. | O | O | O | O | O | 43. | O | O | O | O | O | 83. | O | O | O | O | O | 123. | O | O | O | O | O |
| 4. | O | O | O | O | O | 44. | O | O | O | O | O | 84. | O | O | O | O | O | 124. | O | O | O | O | O |
| 5. | O | O | O | O | O | 45. | O | O | O | O | O | 85. | O | O | O | O | O | 125. | O | O | O | O | O |
| 6. | O | O | O | O | O | 46. | O | O | O | O | O | 86. | O | O | O | O | O | 126. | O | O | O | O | O |
| 7. | O | O | O | O | O | 47. | O | O | O | O | O | 87. | O | O | O | O | O | 127. | O | O | O | O | O |
| 8. | O | O | O | O | O | 48. | O | O | O | O | O | 88. | O | O | O | O | O | 128. | O | O | O | O | O |
| 9. | O | O | O | O | O | 49. | O | O | O | O | O | 89. | O | O | O | O | O | 129. | O | O | O | O | O |
| 10. | O | O | O | O | O | 50. | O | O | O | O | O | 90. | O | O | O | O | O | 130. | O | O | O | O | O |
| 11. | O | O | O | O | O | 51. | O | O | O | O | O | 91. | O | O | O | O | O | 131. | O | O | O | O | O |
| 12. | O | O | O | O | O | 52. | O | O | O | O | O | 92. | O | O | O | O | O | 132. | O | O | O | O | O |
| 13. | O | O | O | O | O | 53. | O | O | O | O | O | 93. | O | O | O | O | O | 133. | O | O | O | O | O |
| 14. | O | O | O | O | O | 54. | O | O | O | O | O | 94. | O | O | O | O | O | 134. | O | O | O | O | O |
| 15. | O | O | O | O | O | 55. | O | O | O | O | O | 95. | O | O | O | O | O | 135. | O | O | O | O | O |
| 16. | O | O | O | O | O | 56. | O | O | O | O | O | 96. | O | O | O | O | O | 136. | O | O | O | O | O |
| 17. | O | O | O | O | O | 57. | O | O | O | O | O | 97. | O | O | O | O | O | 137. | O | O | O | O | O |
| 18. | O | O | O | O | O | 58. | O | O | O | O | O | 98. | O | O | O | O | O | 138. | O | O | O | O | O |
| 19. | O | O | O | O | O | 59. | O | O | O | O | O | 99. | O | O | O | O | O | 139. | O | O | O | O | O |
| 20. | O | O | O | O | O | 60. | O | O | O | O | O | 100. | O | O | O | O | O | 140. | O | O | O | O | O |
| 21. | O | O | O | O | O | 61. | O | O | O | O | O | 101. | O | O | O | O | O | 141. | O | O | O | O | O |
| 22. | O | O | O | O | O | 62. | O | O | O | O | O | 102. | O | O | O | O | O | 142. | O | O | O | O | O |
| 23. | O | O | O | O | O | 63. | O | O | O | O | O | 103. | O | O | O | O | O | | | | | | |
| 24. | O | O | O | O | O | 64. | O | O | O | O | O | 104. | O | O | O | O | O | | | | | | |
| 25. | O | O | O | O | O | 65. | O | O | O | O | O | 105. | O | O | O | O | O | | | | | | |
| 26. | O | O | O | O | O | 66. | O | O | O | O | O | 106. | O | O | O | O | O | | | | | | |
| 27. | O | O | O | O | O | 67. | O | O | O | O | O | 107. | O | O | O | O | O | | | | | | |
| 28. | O | O | O | O | O | 68. | O | O | O | O | O | 108. | O | O | O | O | O | | | | | | |
| 29. | O | O | O | O | O | 69. | O | O | O | O | O | 109. | O | O | O | O | O | | | | | | |
| 30. | O | O | O | O | O | 70. | O | O | O | O | O | 110. | O | O | O | O | O | | | | | | |
| 31. | O | O | O | O | O | 71. | O | O | O | O | O | 111. | O | O | O | O | O | | | | | | |
| 32. | O | O | O | O | O | 72. | O | O | O | O | O | 112. | O | O | O | O | O | | | | | | |
| 33. | O | O | O | O | O | 73. | O | O | O | O | O | 113. | O | O | O | O | O | | | | | | |
| 34. | O | O | O | O | O | 74. | O | O | O | O | O | 114. | O | O | O | O | O | | | | | | |
| 35. | O | O | O | O | O | 75. | O | O | O | O | O | 115. | O | O | O | O | O | | | | | | |
| 36. | O | O | O | O | O | 76. | O | O | O | O | O | 116. | O | O | O | O | O | | | | | | |
| 37. | O | O | O | O | O | 77. | O | O | O | O | O | 117. | O | O | O | O | O | | | | | | |
| 38. | O | O | O | O | O | 78. | O | O | O | O | O | 118. | O | O | O | O | O | | | | | | |
| 39. | O | O | O | O | O | 79. | O | O | O | O | O | 119. | O | O | O | O | O | | | | | | |
| 40. | O | O | O | O | O | 80. | O | O | O | O | O | 120. | O | O | O | O | O | | | | | | |