

Type 1: The Moral Perfectionist

- ___ People have told me I tend to be overly critical.
- ___ I am hard on myself when I make mistakes.
- ___ Relaxing is hard for me because I feel there is too much to get done.
- ___ It is frustrating when people ignore or break rules.
- ___ I put a lot of emphasis on details.
- ___ I compare myself to others often.
- ___ If I say I will do something, then I will.
- ___ I find it hard to let go of resentment.
- ___ I feel it is up to me to leave the world better than I found it.
- ___ I have a lot of self-discipline.
- ___ I try and be wise with how I spend money.
- ___ Most things in life are either right or wrong/black or white.
- ___ A lot of my thoughts are about how I can be better.
- ___ Forgiveness is hard for me.
- ___ I immediately notice when things are wrong or out of order.
- ___ I worry a lot (mostly about what people think of me).
- ___ It is disappointing when others don't carry their weight or do their part.
- ___ I like routine and rarely welcome change.
- ___ I give 100% when working on a project and wish others would do the same.
- ___ I often feel like I try harder to get things right than others.

TOTAL: _____

Type 2: The Helper

- When it comes to helping others and I don't know how or when I should say "no".
- I am a great listener and I remember people's stories.
- I get anxious to overcome misunderstandings in my relationships.
- I feel drawn to influential people.
- I have a good understanding of what others want or need.
- Most people share deep things about their life with me even if I don't know them well.
- I feel like the people who love me, should already know my needs.
- I need to be acknowledged and appreciated for my efforts.
- I enjoy giving more than receiving.
- I like for my home to feel like a safe and comfortable space for my friends and family.
- I care a great deal about what other people think of me.
- I want others to think I love everyone, even though I don't.
- I enjoy when people that love me do things for me unexpectedly.
- People often ask me for help and I place a lot of value there.
- I don't know how to answer when people ask me what I need.
- When I am tired, I feel like people take me for granted (Much like a door mat.)
- Some say my emotions can feel "over the top".
- I feel angry and conflicted when my needs overlap some one else's.
- It is often hard for me to watch movies because it is unbearable to see people suffer.
- I often worry about being forgiven when I make mistakes.

TOTAL: _____

Type 3: The Achieve

- It is important that I am seen as a “winner” or “achiever”.
- I enjoy entering a room and knowing I am making a good first impression.
- I could persuade Steve Jobs to by an Android.
- The keys to my happiness is efficiency and being acknowledged as the best.
- I don't like to be slowed down by others.
- I know how to paint failure to look like success.
- I would rather be a leader than a follower.
- I am overly competitive.
- I can find a way to win over or connect with just about anyone.
- I enjoy multitasking and I am good at it.
- I am always aware of how people are responding to me in the moment.
- It is hard for me not to carry work with me on vacation.
- It is hard for me to name what I am feeling (my emotions).
- I don't talk a lot about my personal life.
- Sometimes I feel “fake”.
- I love to set and accomplish measurable goals.
- I like for people to know the things that I accomplish.
- I like to be seen or associated with successful people.
- I don't mind slacking or cutting corners if I get the task done first.
- I am often viewed as a “workaholic”.

TOTAL: _____

Type Four: The Individualist

- I like things that are unconventional, dramatic and refined. I don't like ordinary.
- I often feel out of place.
- I often have so many emotions, I don't know which ones to pay attention to.
- Some people view me as aloof, but I am really just unique.
- In social settings, I tend to sit back and let others approach me.
- Melancholy is comfortable for me; it is frustrating when people try and cheer me up.
- I am not like everyone else (or at least I don't think I am).
- I am very sensitive to criticism and it takes me a bit to get over it.
- I spend a lot of time trying to explain myself.
- When people tell me what to do, I am often tempted to do the opposite.
- Sometimes I just disappear and go silent for a few days.
- I am okay with sad (movies, songs, stories). Overly happy people can be frustrating.
- I often feel there is something missing.
- It is often hard for me to settle into a serious relationship because I am always looking for my "soul mate".
- I am self-conscious. It can be hard for me to find my personal space in a crowded room.
- People often say my feelings/emotions are overwhelming.
- I am either an artist or very creative. I come up with one creative idea after another. Executing them is hard.
- I am often misunderstood and it frustrates me.
- I pull people in and then push them away.
- I worry about being abandoned.

TOTAL: _____

Type Five: The Thinker

- I can take care of myself and think others should do the same.
- I don't always say things out loud but in my head I am often sarcastic and cynical.
- I often feel awkward around other people.
- I am fine if people ask me a few specific question about myself, but too many questions are frustrating.
- I need a lot of alone time.
- If I want people to know how I am feeling, I will tell them. I usually don't like for them to ask.
- I think thoughts are more reliable than feelings (they are easier to express).
- I need time to process a conflict or experience.
- People can be wasteful. I hold tight to what I have.
- Most of the time I would rather observe than participate.
- In general, I trust myself. I will ponder things for a while and then I will make my own decisions.
- Getting together to "just hangout" doesn't make sense to me.
- I am a listener. (Just because I may not respond doesn't mean I am not listening).
- I preserve my time and energy.
- I get tired when I have to be with people for too long.
- As a child, I often felt invisible. I can as an adult as well.
- Sometimes I think I should be more generous but it is hard for me.
- I don't like to be uninformed in a group.
- I don't particularly like large social gatherings. I would prefer smaller groups.
- Material possessions don't make me happy.

TOTAL: _____

Type Six: The Loyalist

- I am always planning for worst case scenario.
- I often don't trust authority.
- People say I am loyal, understanding, funny and compassionate.
- I don't perceive others as having as much anxiety as I do.
- I tend to act quickly in a crisis, but when things settle down, I fall apart.
- When I am doing well in a relationship I often wonder when something will happen to spoil it.
- Being confident that I made the right decision is almost impossible.
- I am fully aware that fear interferes with my decision making.
- I don't like to be in unpredictable situations.
- I find it hard to not think about the things that worry me.
- I am usually not comfortable with extremes.
- I perceive that I have so much to do that it is hard for me to finish a task.
- I am most comfortable with people that are like me.
- I am often told that I am pessimistic.
- I am a slow starter and often think of things that can go wrong once I have started.
- I don't trust people who give me too many compliments.
- It helps me to have things in some kind of order.
- I like to be told I am doing a good job but I get nervous if more things are added to my plate.
- I have to know people for a while before I really trust them.
- I am skeptical of things that are new and unknown.

TOTAL: _____

Type Seven: The Enthusiast

- I am always up for an adventure even if it is last minute.
- I am an eternal optimist.
- I don't like making hard and fast commitments to things.
- I am often told I have FOMO (Fear of missing out!)
- Anticipation is the best part of life.
- People that are close to me say that I act superior and can be argumentative.
- Variety and spontaneity are the spice of life.
- Sometimes I get so consumed with the future, I can hardly wait for it to get here.
- It is hard for me to finish things because I get bored.
- I usually avoid hard conversations (controversy).
- I help others look at the bright side of situations.
- Others think I am sure of myself, but I tend to have a lot of doubts.
- I am generally popular and have lots of friends.
- When things seem to be too serious for long periods of time, I generally am the one to lighten things up and make them fun.
- I don't enjoy endings so I typically wait for people to break things off with me even if I am not happy in the relationship.
- Routine makes me bored so I try and change things up and try new things often.
- I believe that most everything can be more fun with a little effort.
- People generally worry more than they should.
- Life is typically better than people imagine, its all about perspective.
- I don't love expectations placed on me.

TOTAL: _____

Type 8: The Challenger

- People tell me that I am too blunt and often aggressive.
- Doing things half way is never an option.
- I like a little confrontation just to see the reactions of others.
- In relationships that matter to me, I will insist on being brutally honest and staying in the fight until it is “resolved”.
- Trusting is hard for me.
- Justice is always worth fighting for.
- I can spot people’s weakness when I first meet them.
- Saying “no” is not an issue for me.
- Bring on opposition.
- I make quick decisions from my gut instinct.
- I don’t like it when people don’t just say what is on their mind.
- I am suspicious of super nice people.
- I can spot those in power the minute I walk into a room.
- I like for people to stand up for themselves; it’s disappointing when they don’t.
- “A good offense is better than a good defense” in my belief.
- Don’t mess with the people I care for most.
- I know people respect me, but I also want to know I am loved.
- I don’t have a problem confronting a bully.
- “If God wanted people to wear their hearts on their sleeve, He would have put it there.”
- I have a tender heart under my tough exterior.

TOTAL: _____

Type 9: The Peacemaker

- I will avoid conflict all all cost.
- I am not a self-starter.
- I can get distracted with trivial things and let important tasks go by the way side.
- I am fine with going along with what everyone else wants to do.
- I have a tendency to procrastinate.
- Other's would like for me to be more decisive.
- When I get distracted, I will give my attention to what is in front of me rather than what needs to be done.
- I often choose the path of least resistance.
- I like routine at home and work and get uncomfortable when that get's thrown off.
- Other people see me as more peaceful than I actually feel.
- Getting started is a challenge but when I do, I get things done.
- I am a "what you see is what you get" kind of person.
- I don't think of myself as "important".
- People mistake me for being a good listener when really long conversations are hard for me to concentrate on.
- I don't like to take work home.
- Sometimes I "numb out" and think about past things.
- I would rather be at home with those I love than go to a big social gathering.
- The outdoors is very soothing.
- I am often quietly stubborn when demands are placed on me.
- I would feel selfish if I spent a whole day doing what I want to do.

TOTAL: _____