

**Place a checkmark by the numbers in each section below that best describe you. If you are questioning any, be sure they “REALLY” describe you. For example, if you are neat, but no more than the average person, you might choose “not” to mark “I maintain a neat and orderly lifestyle.”**

**Once you have completed all the questions in a section, add them up and place the total sum at the end. If you have a similar amount in more than one section, read the stress and typical problems paragraphs to determine the element that “BEST” describes you. You can also review the full summaries if you are unsure to determine which element(s) you relate to the most.**

### **SECTION ONE (M)**

1. I maintain a neat orderly lifestyle
2. I am in control of my environment and the way I do things
3. I have strong morals and values and have high expectations of my self and others
4. I feel secure and comfortable when following proper procedure and protocol
5. I like tasks that are logical, analytic and systematic
6. I am thought of as stoic, discriminating and meticulous
7. I think of myself as being impeccable and above reproach
8. I work where my goals and guidelines are well defined
9. I accept the rules and authority of those with more experience and competence
10. I am systematic and methodical in my work
11. I put virtue and principles before self-fulfillment
12. I restrain myself in expressing my feelings
13. I enjoy temperament and moderation
14. I am tasteful, refined and discriminating
15. I crave distance and solitude, yet I want meaningful relationships
16. I am self-contained and intellectually independent
17. Ethics and reason have more pull for me than pleasure and fun
18. I take my time and then state my opinions precisely, often with little emotion
19. I do well in jobs where I can work alone or one on one
20. I hunger for a spiritual connection

**Total checked \_\_\_\_\_**

### **Under stress the following words could be used to describe me:**

Inability to have fun, feel superior, critical attitude, aloofness, rigidity, emotional iciness, isolation

### **Typical problems**

Isolating self, superiority, indifference, dismissive, formal and stiff, analytic, insensitive, can get stuck in details in head rather than seeing big picture, aloof, distant, dogmatic, calmly stubborn, inhibited.

## **SECTION TWO (W)**

1. I am cautious in my actions and behaviors
2. I tend toward solitude and introspection
3. I often lack energy and stamina
4. I am private
5. I like being anonymous
6. I keep my feelings, thoughts and opinions to myself
7. I like being on the periphery of social events
8. I don't miss any details
9. I like minimal social activities and have only a few good friends
10. I am content figuring things out for myself
11. I am careful about what I reveal to others
12. I am a stubborn defender of the truth how I see it
13. I am objective and dispassionate
14. I feel self-sufficient in or out of a relationship
15. I choose privacy over intimacy
16. I choose solitude over socializing
17. I pursue my interests regardless of what others think is important
18. I enjoy projects that don't involve others
19. I am self-reflective
20. I am comfortable being a follower rather than a leader

**Total checked** \_\_\_\_\_

### **Under stress the following words could be used to describe me:**

Sadness, laziness, fatigue, depression, lack of energy, hopelessness, tendency to retreat, indifference

**Typical problems:** Isolation, depression, losing energy and motivation, being suspicious of others, paranoid, scared, can get icy and hard, can dwell on the past and its pain, can be disabled by fear and insecurity

### **SECTION THREE (WO)**

1. I see what needs to be done and want it done yesterday
2. I want full control over every aspect of my life
3. I see goals and need to accomplish them
4. I need to succeed
5. I want to organize my environment and need structure
6. I am independent and will not be pushed around
7. I have a purpose when I work - I'm a "doer" and will find ways to do more
8. I am competitive and ambitious
9. I discuss my abilities with others and want recognition for my achievements
10. I rarely turn down a good argument or debate. Conflict doesn't scare me
11. I am competitive and enjoy being the first and best
12. I think I'm right and will argue if others disagree with me
13. I am assertive and direct
14. I like doing things my own way and have strong opinions
15. I take the lead to get things done effectively
16. I act boldly even when I don't have all the expertise I may need
17. When I fail at something I will do everything I can to fix it
18. I care for people but don't over-worry about hurting their feelings
19. I don't like being late
20. I can be impatient and can't stand it when people waste my time

**Total checked** \_\_\_\_\_

#### **Under stress the following words could be used to describe me:**

Impatience, tension, frustration, irritation, anger, inability to relax, eyestrain, restlessness,

**Typical problems:** Difficult to relax, easily lose temper, judgmental and critical of others, stubborn, uncompromising, tend to see what's wrong rather than what's right, difficulty delegating, addicted to work, often feels superior and better than others, hate to lose, easily frustrated, if can't get across opinion can explode easily - gets irritated if things are not getting done

#### **SECTION FOUR (F)**

1. I am spontaneous and fun
2. I enjoy pleasure and physical contact
3. I stay upbeat and optimistic even if things don't look so good
4. I am comfortable in stimulating environments
5. I openly share my thoughts, feelings and desires
6. I live in the here and now and enjoy the present moment
7. I see the humorous side of life
8. When I sit it isn't for long - I like moving
9. I become easily and completely involved in the events around me
10. I am emotionally sensitive and responsive
11. I avoid conflict and negativity and make light of difficult situations
12. I have an enthusiasm and excitement for life
13. I enjoy being attractive and magnetic
14. I am persuasive and can talk people into whatever I believe in
15. I am warm toward others and like to be around people
16. Pleasure has a stronger pull than getting my work done
17. I am comfortable with lots of attention
18. I choose stimulating environments to work and play
19. I see humor in all aspects of life
20. If people are angry I can melt that away and make them forget why

**Total checked** \_\_\_\_\_

#### **Under stress the following words could be used to describe me:**

I panic, get confused, get scattered, disorganized, nervous, anxious, insecure and hypersensitive

**Typical problems:** My attention can jump all over and I can have a hard time staying focused, I can get scattered and disorganized, I can get bored with slow events and people, I can be in love with more than one person, I can become addicted to love, sex and spirituality, I can panic when there is an unexpected demand placed on me and it can confuse me. I can have a hard time saying no.

### **SECTION FIVE (E)**

1. I am nurturing and supportive to friends and family
2. I often put the needs of others before my own
3. I enjoy when others rely and depend on me
4. I have a strong need to feel needed and am drawn to people in need
5. I avoid conflict and struggle
6. I can get intrusive and too involved in other peoples lives
7. I am loyal to my friends and family
8. I need connection and community in my life
9. My sympathy and compassion for others can get in the way of my needs
10. I want to be relied on for reassurance and help
11. I want disputes to be settled and everyone to feel content
12. I take pride in being dependable
13. If someone is hurting I feel it's my responsibility to make them feel better
14. I can be resistant to change
15. I sometimes wonder who will take care of me
16. I love comfort and to comfort others
17. I am a good listener
18. I sacrifice and pour devotion into my relationship with others
19. I have a hard time asking for what I need and when I do I feel like a burden.
20. I give because I want to, but I like to be appreciated

**Total checked** \_\_\_\_\_

#### **Under stress the following words could be used to describe me:**

Worry, anxiety, feelings of being overwhelmed, self-blame, indecisiveness, lack of focus, tendency to get emotional, overextended.

**Typical problems:** I take on others burdens, I can overcommit to people in need, I tend to over-worry, I can smother people, I am overprotective, I can overextend in my efforts to be a friend or counselor to others, I can resent doing too much for others even when it's my choice if my efforts are not appreciated.