



KNOW YOUR OWN MIND

Personality Questionnaire

By Peter Shepherd

© 1994-2003 Tools for transformation

WWW: <http://www.trans4mind.com>

Email: shepherd@trans4mind.com

KNOW YOUR OWN MIND

Personality Questionnaire

These pages provide the tools for a wide-ranging analysis of your personality, so you can know yourself better. It will help you see yourself - your mental, emotional and behavioral strengths and weaknesses - in a more objective light.

How you see yourself and how others see you may be quite different. It is hard to be objective about oneself - after all, one is being oneself and therefore there is no distance from which to view. The following Questionnaire is intended to provide this

objectivity. It is based on tried and tested principles, the result of research by renowned Professor of human psychology, Hans Eysenck, and described in his popular book 'Know Your Own Personality' published first in 1972. He had a clear understanding of how introversion and extraversion, combined with the degree of emotional stability and self-determinism, determine the personality traits that result in much of an individual's behavior. A description of his theory of personality traits is given in the Appendix.

Eysenck, however, as a behavioral psychologist believed that personality, like intelligence, is determined to a large extent by a person's genes and is unchangeable beyond an effort to cover up negative traits through learned behavior. On the contrary, I have found that while one's genetic constitution is a significant factor (particularly affecting the balance of neurotransmitter chemicals in the brain) and environmental factors (such as upbringing, education, cultural conditioning and even the quality of nutrition) are equally significant, in practice a tremendous amount can be done by the individual to restructure their own personality and even to improve intelligence. A lot can be done to improve brain chemistry and nutritional deficiencies too! Exactly how such personal development can be achieved is expounded in my online book *Transforming the Mind*:
<http://www.trans4mind.com/transformation>

Of most significance in the development of personality is an individual's experience, both pleasurable and painful, in this lifetime, from birth onwards. And also, I have found, the experience which is brought into this life from the prior existence of the individual's spiritual essence. These experiences result in both positive and negative learning: the acquisition of skills and understanding, and the acquisition of fixed ideas and conditioning. This learning can be revised!

So the results of this Questionnaire should be seen as an instructive guide to your present psychological make-up and an indication of areas of your life that you may choose to transform by applying appropriate techniques of personal development.

The Questionnaire is grouped into Categories, each with a number of psychological Traits. Each Trait is presented on a separate page.

Each page also contains the Scoring key for the questions of that Trait and an Analysis of the resulting scores. Needless to say, the validity of the analysis will depend on how candidly you filled in the Questionnaire!

The basis of the questionnaire is the long-established Eysenck Personality Questionnaire, used worldwide by the psychiatric profession. The idea is to test against cultural stereotypes, that is the "norm", the way a statistical majority of people actually are in Western society. The "norm" is not necessarily an enlightened point of view, it simply represents what a typical person's responses are likely to be. It doesn't mean the normal responses are 'right' or 'correct'. High or low positions on a scale may represent neurosis if your answers represent compulsions, obsessions or inhibitions, and you may want to become more free in that area. But if they represent conscious choices in the way you play the game of life, then of course, that's fine! A person relatively free from cultural conditioning in an area of life is unlikely to be the same as the 'normal person' who tends to be riddled with such conditioning.

Normally answers are not available to the person doing the test. I have made them accessible so one can be aware of the test's shortcomings, and also hopefully in the process become more aware of one's own fixed or limited beliefs, as well as fears and neuroses - as well as how one is likely to compare to the average guy down the street.

The idea is to expose fixed and conditioned ways of thinking, feeling and behaving, not to indicate that any particular way is right or better than another. The questions can expose ways in which you are a stereotyped product of your culture, more liberated than the norm or more neurotic than the norm, or just different - the interpretation is up to you, the more honest the better!

When you have completed scoring the questionnaire, a picture will emerge from the high or low scoring traits - it is up to you to make what you will of this picture, perhaps learn some lessons, decide to do something about what you find, or be happy you are the way you are. Some notes on overall interpretation are included in Appendix 2.

TRAITS

Category A - INTROVERSION/EXTRAVERSION

- * Page 1 - ACTIVITY
- * Page 2 - SOCIABILITY
- * Page 3 - RISK-TAKING
- * Page 4 - IMPULSIVENESS
- * Page 5 - EXPRESSIVENESS
- * Page 6 - REFLECTIVENESS
- * Page 7 - RESPONSIBILITY

Category B - EMOTIONAL STABILITY

- * Page 8 - SELF-ESTEEM
- * Page 9 - HAPPINESS
- * Page 10 - ANXIETY
- * Page 11 - OBSESSIVENESS
- * Page 12 - INDEPENDENCE
- * Page 13 - HYPOCHONDRIA
- * Page 14 - GUILT

Category C - MASTERY/SYMPATHY

- * Page 15 - AGGRESSIVENESS
- * Page 16 - ASSERTIVENESS
- * Page 17 - AMBITION
- * Page 18 - MANIPULATION
- * Page 19 - SENSATION-SEEKING
- * Page 20 - DOGMATISM
- * Page 21 - MASCULINITY/FEMININITY

Category D - SEXUALITY

- * Page 22 - SEXUAL LIBIDO
- * Page 23 - SEXUAL SATISFACTION
- * Page 24 - SEXUAL PERMISSIVENESS
- * Page 25 - SEXUAL STEREOTYPE

Category E - SOCIAL & POLITICAL ATTITUDES

- * Page 26 - SOCIAL PERMISSIVENESS
- * Page 27 - RACISM
- * Page 28 - BELIEF
- * Page 29 - SOCIALISM/CAPITALISM
- * Page 30 - LIBERTARIANISM
- * Page 31 - REACTIONISM
- * Page 32 - PACIFISM

INSTRUCTIONS

It is important to note that throughout this questionnaire, the 'norm' represents what a typical person's responses is likely to be. That doesn't mean the normal responses are 'right' or 'correct'. High or low positions on a scale may represent neurosis if your answers represent compulsions, obsessions or inhibitions, and you may want to become more free in that area. But if they represent conscious choices in the way you play the game of life, then of course, that's fine! A person relatively free from cultural conditioning in an area of life is unlikely to be the same as the 'normal person' who tends to be riddled with such conditioning.

The idea is to expose fixed and conditioned ways of thinking, feeling and behaving, not to indicate that any particular way is right or better than another. The questions can be quite dogmatic and illiberal and therefore expose ways in which you are a stereotyped product of your culture, or more liberated than the norm or more neurotic than the norm, or just different - the interpretation is up to you, the more honest the better!

It's best to print out the questionnaire first, then work through the questions, underlining the appropriate answer: either "Yes," "Maybe" or "No."

Answer as honestly as you can: there is no point in trying to "make yourself look good" - that would be counter-productive.

SCORING

Each question scores either one, half or zero points:

If you checked Yes or No with an * then allot *one point*.

If you checked Maybe then allot *half a point*.

If you checked Yes or No without an * then allot *zero points*.

Enter your score after each question, then add up the total for that Trait.

An automatic-scoring version of this questionnaire is available online at **Know Your own Mind: <http://www.trans4mind.com/personality>**

A - EXTRAVERSION/INTROVERSION

Trait 1 - ACTIVITY

Are you happiest when you get involved in some project that calls for immediate and rapid activity?

Yes* | Maybe | No || Score:

Do you become restless when working at something and little action is occurring?

Yes* | Maybe | No || Score:

When climbing stairs do you usually take them two at a time?

Yes* | Maybe | No || Score:

Are you inclined to be slow and deliberate in your actions?

Yes | Maybe | No* || Score:

Do you usually finish your meals before other people even though there is no reason to hurry?

Yes* | Maybe | No || Score:

Do other people regard you as a very lively person?

Yes* | Maybe | No || Score:

Are you always "on the go" when not actually sleeping?

Yes* | Maybe | No || Score:

Do you like organizing and initiating leisure activities?

Yes* | Maybe | No || Score:

When driving a car, do you get very frustrated by slow-moving traffic?

Yes* | Maybe | No || Score:

Are you generally very enthusiastic about starting a new project or undertaking?

Yes* | Maybe | No || Score:

When you are walking with other people, do they often have difficulty keeping up with you?

Yes* | Maybe | No || Score:

At work or at play, do other people find it hard to keep up with the pace you set?

Yes* | Maybe | No || Score:

Are you inclined to rush from one activity to another without pausing for rest?

Yes* | Maybe | No || Score:

Do you often find yourself hurrying to get to places, even when there is plenty of time?

Yes* | Maybe | No || Score:

Are you frequently lacking in energy and motivation to do things?

Yes | Maybe | No* || Score:

Do you like to lie in bed late at the weekends?

Yes | Maybe | No* || Score:

Do you prefer holidays that are quiet and restful without a great deal of rushing about?

Yes | Maybe | No* || Score:

Do you generally move about at a leisurely pace?

Yes | Maybe | No* || Score:

When you wake up in the morning are you usually ready to "get cracking"?

Yes* | Maybe | No || Score:

Are you usually full of pep and vigor?

Yes* | Maybe | No || Score:

Do you often feel tired and listless?

Yes | Maybe | No* || Score:

Do you like to have a lot of things to do all the time?

Yes* | Maybe | No || Score:

Do other people seem to get more done in a day than you?

Yes | Maybe | No* || Score:

Most days, are there times when you enjoy just sitting and doing nothing?

Yes | Maybe | No* || Score:

Would you rather watch sports than play them?

Yes | Maybe | No* || Score:

Do you frequently take a nap in the middle of the day?

Yes | Maybe | No* || Score:

Do you get agitated if you have to wait for someone?

Yes* | Maybe | No || Score:

If you had to wait a few minutes for the lift, would you prefer to use the stairs instead?

Yes* | Maybe | No || Score:

Normally, do you tend to do things as quickly as you can?

Yes* | Maybe | No || Score:

Do you often feel bubbling over with excess energy?

Yes* | Maybe | No || Score:

SCORING

Each question scores either one, half or zero points:

If you checked Yes* or No* (i.e. with an *) then allot one point.

If you checked Maybe then allot half a point.

If you checked Yes or No (i.e. without an *) then allot zero points.

Enter your score after each question, then add up the total for that Trait.

ANALYSIS

People scoring high on this Trait are generally active and energetic, enjoying all kinds of physical activity including hard work and exercise, pursuing a wide variety of different interests.

People with low scores are inclined to be physically inactive, lethargic and easily tired. They prefer leisurely activities and find it hard to get going in the morning.

High activity is an extravert characteristic: such a person is outgoing because he has clear goals and knows what he wants - this provides the energy. Low activity tends to go with introversion: a more inward-looking, self-conscious and inhibited personality. The person's goals may not be as clear - he may have suffered failure or trauma in the past and therefore have less confidence and energy.

How do you compare?

Each trait in this Questionnaire covers a wide range of behavior. The score obtained by a majority of other people representing the particular culture in which this questionnaire was originally tested, provides a "norm". No evaluation, complimentary or condemnatory, should be attached to extreme scores, high or low.

The norm is not necessarily "right" as the majority of people tested may have a cultural tendency that is far from optimum. At the same time, extreme scores may represent compulsive or inhibitory neuroses, and any score may indicate to you, aspects of your personality that you would like to improve or to change.

The norm on this trait is between 16-17 points (a statistical approximation). This may be represented on the following scale:

Activity 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 || 16 15 14 13 12 11 10 9
8 7 6 5 4 3 2 1 Inactivity

A - EXTRAVERSION/INTROVERSION

Trait 2 - SOCIABILITY

Do you like going out a lot?

Yes* | Maybe | No || Score:

Do you often need understanding friends to cheer you up?

Yes* | Maybe | No || Score:

Generally, do you prefer reading to meeting people?

Yes | Maybe | No* || Score:

Are you fairly talkative when you are with a group of people?

Yes* | Maybe | No || Score:

Can you usually let yourself go and have a good time at a party?

Yes* | Maybe | No || Score:

Do you hate being with a crowd who play practical jokes on one another?

Yes | Maybe | No* || Score:

Do you like talking to people so much that you never miss a chance of talking to a stranger?

Yes* | Maybe | No || Score:

If you were making a business enquiry, would you rather write than discuss it on the telephone?

Yes | Maybe | No* || Score:

Do you enjoy spending long periods of time by yourself?

Yes | Maybe | No* || Score:

Are you relaxed and self confident in the company of other people?

Yes* | Maybe | No || Score:

Are you more distant and reserved than most people?

Yes | Maybe | No* || Score:

Do you like mixing with lots of other people?

Yes* | Maybe | No || Score:

Do you easily make new friends with members of your own sex?

Yes* | Maybe | No || Score:

Do you like to tell jokes and stories to groups of friends?

Yes* | Maybe | No || Score:

Do you enjoy talking and playing with young children?

Yes* | Maybe | No || Score:

Are you apprehensive about going into a room full of strange people?

Yes | Maybe | No* || Score:

Have you ever seriously felt that you might be happier living by yourself on a desert island?

Yes | Maybe | No* || Score:

Do you sometimes feel uncomfortable when people get close to you physically?

Yes | Maybe | No* || Score:

Is it important to you to be liked by a wide range of people?

Yes* | Maybe | No || Score:

Do you spontaneously introduce yourself to strangers at social gatherings?

Yes* | Maybe | No || Score:

Would you rather spend an evening talking to one interesting person of your own sex than being with a large crowd of friends?

Yes | Maybe | No* || Score:

Do you like to be in the middle of things?

Yes* | Maybe | No || Score:

Do you enjoy solitary activities such as reading or watching TV on your own?

Yes | Maybe | No* || Score:

Are you inclined to avoid people whenever possible?

Yes | Maybe | No* || Score:

Would you be unhappy if you were prevented from making numerous friends?

Yes* | Maybe | No || Score:

Do you usually prefer to be with companions than do things on your own?

Yes* | Maybe | No || Score:

Do you like to have a full calendar of engagements?

Yes* | Maybe | No || Score:

Are you inclined to limit your acquaintances to a select few?

Yes* | Maybe | No || Score:

Do you enjoy entertaining people?

Yes* | Maybe | No || Score:

Do you often feel ill at ease with other people?

Yes | Maybe | No* || Score:

ANALYSIS

People scoring high on this Trait tend to seek out the company of others, they like social functions such as parties and dances and are comfortable when meeting new people. They are extraverted and unselfconscious in company.

People with low scores prefer to have only a few special friends (who are like them)

and most enjoy doing things on their own. They tend to be self-conscious and worry

about finding things to talk about with other people. Though they may feel content enough, they seem to others to be introverted and, maybe, unfriendly. They have probably had frustrating or humiliating experiences in the past when trying to communicate and so they avoid risking a repetition. They may justify this with a consideration that others are unintelligent or trivial, further solidifying their inhibition. Or they may feel that they have better things to do!

How do you compare?

The norm on this trait is between 16-17 points (a statistical approximation). This may be represented on the following scale:

Sociability 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 || 16 15 14 13 12 11 10
9 8 7 6 5 4 3 2 1 Unsociability

A - EXTRAVERSION/INTROVERSION

Trait 3 - RISK-TAKING

Would you prefer a job involving change, travel and variety even though the job is insecure?

Yes* | Maybe | No || Score:

Do you quite enjoy taking risks?

Yes* | Maybe | No || Score:

Do you carefully lock up your house at night?

Yes | Maybe | No* || Score:

Do you think that young children should learn to cross roads by themselves?

Yes* | Maybe | No || Score:

When the odds are against you, do you still feel it's worth taking a chance?

Yes* | Maybe | No || Score:

When you are catching a train, do you often arrive at the last minute?

Yes* | Maybe | No || Score:

Would life with no danger in it be too dull for you?

Yes* | Maybe | No || Score:

Do you save regularly?

Yes* | Maybe | No || Score:

Would you enjoy fast driving?

Yes* | Maybe | No || Score:

Would you make quite sure you had another job before giving up your old one?

Yes* | Maybe | No || Score:

Do people who drive very carefully annoy you?

Yes* | Maybe | No || Score:

Are you rather cautious in unusual situations?

Yes | Maybe | No* || Score:

Would you do almost anything for a dare?

Yes* | Maybe | No || Score:

When buying things do you usually examine the guarantee?

Yes | Maybe | No* || Score:

Do you think people spend too much effort guarding their future, with savings and insurance, etc?

Yes* | Maybe | No || Score:

Do you go in for regular health checks?

Yes | Maybe | No* || Score:

Do you always wear a safety belt when traveling in a car?

Yes | Maybe | No* || Score:

Do you sometimes gamble money on races, elections or such-like?

Yes* | Maybe | No || Score:

Would you agree that an element of risk adds spice to life?

Yes* | Maybe | No || Score:

Do you disagree with borrowing or lending money?

Yes | Maybe | No* || Score:

Would being in debt worry you?

Yes | Maybe | No* || Score:

Do you find that you have sometimes crossed a road leaving more careful companions on the other side?

Yes* | Maybe | No || Score:

Do you think the risk of lung cancer from smoking has been exaggerated?

Yes* | Maybe | No || Score:

Would you always read the small print before signing a contract?

Yes | Maybe | No* || Score:

Does the risk of failure in a business undertaking worry you?

Yes | Maybe | No* || Score:

Do you usually keep your feelings to yourself in case the other person would think you are foolish?

Yes | Maybe | No* || Score:

Does driving a fast car or jet aeroplane appeal to you?

Yes* | Maybe | No || Score:

Would you be careful to declare everything at the customs if you had been traveling abroad?

Yes | Maybe | No* || Score:

Are you sure to arrive at appointments with plenty of time to spare?

Yes | Maybe | No* || Score:

When traveling in an aeroplane, bus or train, do you choose your seat with safety in mind?

Yes | Maybe | No* || Score:

Does the fear of rejection concern you if you want to invite somebody for a meal or night out?

Yes | Maybe | No* || Score:

ANALYSIS

High scorers seek rewards with little concern for the possible adverse consequences

and they find that an element of risk adds spice to their life. They are not afraid of change or growth or exposing their feelings.

People with low scores prefer familiarity, safety and security, even if it means sacrificing some degree of excitement in their life. Such a person is ruled by fears. An excellent description of the rewards that may be obtained by overcoming one's fears and "doing it anyway" is the following passage: The Dilemma. I recommend you read it.

How do you compare?

The norm on this trait is between 15-16 points (a statistical approximation). This may be represented on the following scale:

Risk-Taking 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Carefulness

A - EXTRAVERSION/INTROVERSION

Trait 4 - IMPULSIVENESS

Before making up your mind, do you consider all the advantages and disadvantages?

Yes | Maybe | No* || Score:

Do you often buy things on impulse?

Yes* | Maybe | No || Score:

Do you know what you will be doing on your next holiday?

Yes | Maybe | No* || Score:

Can you make decisions quickly?

Yes* | Maybe | No || Score:

Do you often get into a jam because you do things without thinking?

Yes* | Maybe | No || Score:

Do you generally do and say things without stopping to think?

Yes* | Maybe | No || Score:

Do you worry about the other person might think before you say something?

Yes | Maybe | No* || Score:

Would you rather plan things or make a list rather than simply go ahead and start?

Yes | Maybe | No* || Score:

Are you an impulsive person?

Yes* | Maybe | No || Score:

Do you prefer things that just happen rather than those planned in advance?

Yes* | Maybe | No || Score:

When you meet new people, do you very quickly decide whether you like them or not?

Yes* | Maybe | No || Score:

Do you often do things on the spur of the moment?

Yes* | Maybe | No || Score:

Do your plans generally turn out to be nothing like what actually happens?

Yes* | Maybe | No || Score:

Do you like doing things in which you have to act quickly?

Yes* | Maybe | No || Score:

Do you often get involved in things you later prefer to opt out of?

Yes* | Maybe | No || Score:

Are you an easy-going person, not generally bother about having everything "just so"?

Yes* | Maybe | No || Score:

When you go on a trip, do you like to plan routes and timetables carefully?

Yes | Maybe | No* || Score:

Do you mostly speak without planning what you are going to say?

Yes* | Maybe | No || Score:

Do you think an evening out is more successful if it is arranged at the last moment?

Yes* | Maybe | No || Score:

Do you tend to get so carried away by new and exciting ideas that you never think of the possible snags?

Yes* | Maybe | No || Score:

Do you prefer to "sleep on it" before making decisions?

Yes | Maybe | No* || Score:

Do you prefer work that requires close attention most of the time?

Yes | Maybe | No* || Score:

Do you need to use a lot of self-control to keep out of trouble?

Yes* | Maybe | No || Score:

When you want to buy something expensive, can you save up for it patiently?

Yes | Maybe | No* || Score:

Would you agree that planning things ahead takes the fun out of life?

Yes* | Maybe | No || Score:

Do you hate standing in a long queue for anything?

Yes* | Maybe | No || Score:

Do you get bored easily doing the same old things?

Yes* | Maybe | No || Score:

Do you find you frequently make careless mistakes?

Yes* | Maybe | No || Score:

Do you often change your interests?

Yes* | Maybe | No || Score:

Do you like things to be firmly under your control?

Yes | Maybe | No* || Score:

Do you like surprises?

Yes* | Maybe | No || Score:

ANALYSIS

High scorers are inclined to act on the spur of the moment, make hurried and sometimes premature decisions (without adequate information), may easily get into debt, don't necessarily finish what they have started and are usually carefree, changeable and unpredictable.

Those with low scores consider matters very carefully before making a decision. Liking things to be under their control, they are systematic, orderly, cautious and take their responsibilities seriously. As with other introvert traits, they may lack spontaneity and be ruled by fears.

How do you compare?

The norm on this trait is between 17-18 points (a statistical approximation). This may be represented on the following scale:

Impulsiveness 31 30 29 28 27 26 25 24 23 22 21 20 19 18 || 17 16 15 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Control

A - EXTRAVERSION/INTROVERSION

Trait 5 - EXPRESSIVENESS

Do you sit calmly while watching a race or competitive sport?

Yes | Maybe | No* || Score:

If you are watching a good comedy, do you laugh louder than many of the people around you?

Yes* | Maybe | No || Score:

Do you quickly express your annoyance or anger?

Yes* | Maybe | No || Score:

Does a sentimental film easily move you to tears?

Yes* | Maybe | No || Score:

Would you prefer to maintain outward calm in the face of an emergency?

Yes | Maybe | No* || Score:

Do you get upset when watching documentaries or news items about unfortunate people?

Yes* | Maybe | No || Score:

Do you get easily so involved with music that you sing along or move in time with it?

Yes* | Maybe | No || Score:

Do you feel embarrassed when you express emotion?

Yes | Maybe | No* || Score:

Do you like to play pranks on other people?

Yes* | Maybe | No || Score:

Do you subscribe to the philosophy of "have a good time while you can"?

Yes* | Maybe | No || Score:

Do you tell your friends if you think they are making a mistake?

Yes* | Maybe | No || Score:

If you were in town during a Carnival, would you rather observe the festivities than join in with them?

Yes | Maybe | No* || Score:

Would you give a standing ovation if you had enjoyed a performance immensely?

Yes* | Maybe | No || Score:

Do you find it easy to discuss intimate and personal matters with other members of your family?

Yes* | Maybe | No || Score:

Do you fancy being a performer in a dramatic or musical production?

Yes* | Maybe | No || Score:

Would you refrain from expressing your opinion if you thought others present might be offended by it?

Yes | Maybe | No* || Score:

Would you hesitate to complain if you were served a lousy meal?

Yes | Maybe | No* || Score:

Do you avoid describing your political or religious beliefs?

Yes | Maybe | No* || Score:

Would you feel terribly embarrassed if someone caught you naked by mistake?

Yes | Maybe | No* || Score:

Do you feel comfortable in brightly colored clothing?

Yes* | Maybe | No || Score:

Do you gesticulate your meaning and feelings when you talk?

Yes* | Maybe | No || Score:

If someone expresses an opinion with which you profoundly disagree, do you tell them so immediately?

Yes* | Maybe | No || Score:

Would you find it impossible to make a speech "off the cuff"?

Yes | Maybe | No* || Score:

Do you wish you were able to "let yourself go" and have a good time more often?

Yes | Maybe | No* || Score:

Are you hesitant to ask strangers for a street direction?

Yes | Maybe | No* || Score:

Are able to describe to your partner the ways in which you would like to make love?

Yes* | Maybe | No || Score:

Are you prone to exaggeration and elaboration when relating a story to your friends?

Yes* | Maybe | No || Score:

Do you buy presents for people even though there is no occasion that calls for it?

Yes* | Maybe | No || Score:

Do you find it easy to express your love to your partner?

Yes* | Maybe | No || Score:

Would you be able to speak your mind in front of a group?

Yes* | Maybe | No || Score:

Do you sometimes give people an affectionate hug?

Yes* | Maybe | No || Score:

ANALYSIS

The ability to express one's emotions outwardly and openly, whether love, hate, sorrow, anger or fear, is another factor that goes to make up extraversion.

High scorers tend to be volatile and demonstrative. Those with low scores inhibit the expression of their thoughts and feelings, and try to bury upsets in the past, leaving themselves frustrated and unheard.

How do you compare?

The norm on this trait is between 11-12 points (a statistical approximation). This may be represented on the following scale:

Expressiveness 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 ||
11 10 9 8 7 6 5 4 3 2 1 Inhibition

A - EXTRAVERSION/INTROVERSION

Trait 6 - REFLECTIVENESS

Do you like to have time to be alone with your thoughts?

Yes* | Maybe | No || Score:

Do you frequently pause to meditate about confusing events in your life?

Yes* | Maybe | No || Score:

Do you sometimes wonder if there is something wrong with you?

Yes* | Maybe | No || Score:

Do you often try to find the underlying motives for the actions of other people?

Yes* | Maybe | No || Score:

Would you rather read the sports page than the editorial in a newspaper?

Yes | Maybe | No* || Score:

Do you seldom stop to analyze your own thoughts and feelings?

Yes | Maybe | No* || Score:

Are you keen about learning things, even though they may have no direct relevance to your everyday life?

Yes* | Maybe | No || Score:

Do you like to solve "brain teasers"?

Yes* | Maybe | No || Score:

Do you frequently become so caught up in a problem that you have to keep thinking about it until you arrive at a satisfactory conclusion?

Yes* | Maybe | No || Score:

If you have been to see a film, do you like to go over it in your mind for a long time afterwards?

Yes* | Maybe | No || Score:

Are you frequently so lost in thought that you do not notice what is going on around you?

Yes* | Maybe | No || Score:

Do you sometimes drive over a red light, or only stop “just in time”?

Yes* | Maybe | No || Score:

Do you react to new ideas that you come across to see if they align with your own point of view?

Yes* | Maybe | No || Score:

Have you ever tried to write poetry?

Yes* | Maybe | No || Score:

Do you read a quality newspaper regularly and at length?

Yes* | Maybe | No || Score:

Would you enjoy working on a project that involved a great deal of library research?

Yes* | Maybe | No || Score:

Are you good at meeting targets and getting things done swiftly?

Yes | Maybe | No* || Score:

Are you impatient with "ivory tower" theorizing?

Yes | Maybe | No* || Score:

Are you overcome by a sense of wonder and excitement when visiting historical remains?

Yes* | Maybe | No || Score:

Do you frequently discuss the causes and possible solutions of social and political problems with your friends?

Yes* | Maybe | No || Score:

Do you often spend an evening reading a book?

Yes* | Maybe | No || Score:

Would you rather see a documentary rather than a comedy on TV?

Yes* | Maybe | No || Score:

Do you think it is pointless to analyze your own value system and motives?

Yes | Maybe | No* || Score:

Do you enjoy "serious" articles on subjects like literature, psychology, philosophy or sociology?

Yes* | Maybe | No || Score:

Do you think it is a waste of time to formulate plans for an ideal society?

Yes | Maybe | No* || Score:

Are you bored by discussions of what life may be like in the future?

Yes | Maybe | No* || Score:

Do you like work that involves action now, rather than planning or retrospective analysis?

Yes | Maybe | No* || Score:

Are you bored by museums or art galleries?

Yes | Maybe | No* || Score:

Do you think it is futile to wonder about what there is in outer space?

Yes | Maybe | No* || Score:

Do you spend much time reflecting on the past or the shape that your life is taking?

Yes* | Maybe | No || Score:

Do you think deeply about the rights and wrongs of the world around you?

Yes* | Maybe | No || Score:

ANALYSIS

To reflect is to think and imagine, within one's own mental universe. High scores on this trait are therefore towards introversion. Those with high scores tend to be interested in knowledge for its own sake, rather than its practical application. They are generally thoughtful and introspective, and are interested in ideas, abstractions and speculations.

The introspection may however occur because the person has received information that confuses their thinking, or accepted another's evaluation which causes them to doubt their own viewpoint and reality. Or they may have problems that are unsolvable because they are unwilling to face the realities of the situation, and they try to find solace in theories or dogma.

Of course, the ability to look inward and reflect is necessary for considered actions, and the ability to visualize objectives and be open to intuitive ideas is behind all human creativity. Reflection is also necessary for the process of re-evaluation of one's beliefs and strategies. But when this occurs without objectivity or direction, it is a quagmire.

Those with low scores are more practically minded and extraverted. They prefer to get on and do things rather than think at length about all the pros and cons. Sometimes, in the case of compulsive extraversion, this is because the person is afraid to look at the ethics of what he is doing or to face the realities of the situation or of their own past experiences.

How do you compare?

The norm on this trait is between 17-18 points (a statistical approximation). This may be represented on the following scale:

Reflectiveness 31 30 29 28 27 26 25 24 23 22 21 20 19 18 || 17 16 15 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Practicality

A - EXTRAVERSION/INTROVERSION

Trait 7 - RESPONSIBILITY

Are you inclined to be overly conscientious?

Yes* | Maybe | No || Score:

Do you make sure you are on time for appointments?

Yes* | Maybe | No || Score:

Do you think that a job should be done well or not at all?

Yes* | Maybe | No || Score:

Can you always be fully relied upon?

Yes* | Maybe | No || Score:

Are you inclined to live each day as it comes along?

Yes | Maybe | No* || Score:

Do you often leave things until the last minute?

Yes | Maybe | No* || Score:

Do you have a tendency to "let things slide" occasionally?

Yes | Maybe | No* || Score:

Do you have difficulty applying yourself to work that requires sustained concentration?

Yes | Maybe | No* || Score:

Does it often take you a long time to get started on something?

Yes | Maybe | No* || Score:

Do you sometimes forget to do things that you have agreed to do?

Yes | Maybe | No* || Score:

Would you describe yourself as a "carefree" person?

Yes | Maybe | No* || Score:

Do you find yourself giving away secrets that were entrusted to you?

Yes | Maybe | No* || Score:

If you say you will do something, do you always keep your promise no matter how inconvenient it might turn out to be?

Yes* | Maybe | No || Score:

Do you sometimes have a tendency to hurry your work or not complete it properly?

Yes | Maybe | No* || Score:

Do you normally reply to a personal letter soon after you have received it?

Yes* | Maybe | No || Score:

Are you generally unconcerned about your future?

Yes | Maybe | No* || Score:

Can you honestly say that you honor your commitments more than most people?

Yes* | Maybe | No || Score:

Do you set an alarm clock if you have to be up in the morning?

Yes* | Maybe | No || Score:

Do you sometimes drink alcohol till you are in a state of intoxication?

Yes | Maybe | No* || Score:

Would you go out of your way to find a bin rather than throw rubbish on the street?

Yes* | Maybe | No || Score:

Do you have regular dental check-ups?

Yes* | Maybe | No || Score:

Have you occasionally played sick to avoid a responsibility?

Yes | Maybe | No* || Score:

Do you think it is pointless to make provision for your old age?

Yes | Maybe | No* || Score:

If you found something valuable in the street, would you pass it to the police?

Yes* | Maybe | No || Score:

Do you occasionally find excuses not to go to work, or do something else when you're supposed to be working?

Yes | Maybe | No* || Score:

Do you often not bother to cast your vote in an election?

Yes | Maybe | No* || Score:

Do you put your responsibilities before "having a good time"?

Yes* | Maybe | No || Score:

Are you considered an easy-going person?

Yes | Maybe | No* || Score:

Do you contribute to charities that you think are worthwhile?

Yes* | Maybe | No || Score:

Do you actively contribute to your local community in any way?

Yes* | Maybe | No || Score:

Would you try to help somebody who was being attacked in the street?

Yes* | Maybe | No || Score:

ANALYSIS

Responsibility is a trait that leans somewhat towards introversion. Those with high scores are likely to be conscientious (even compulsively so), reliable, trustworthy and serious-minded. But while many extravert traits portray a person in good shape, if not taken to extremes, an element of introversion in the area of responsibility serves as a valuable balance.

Those with low scores are more inclined to be casual, careless, unpredictable and perhaps socially irresponsible, in an extraverted manner. To cause effects without the appropriate knowledge and understanding, and without proper control of what happens, is irresponsible, as is to do nothing when you know something should be done. So like the ability to reflect, this can be a weak area in those who are uninhibited but do not have the necessary awareness - of themselves and the viewpoints of others - to act responsibly.

How do you compare?

The norm on this trait is between 14-15 points (a statistical approximation). This may be represented on the following scale:

Responsibility 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 || 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Irresponsibility

B - EMOTIONAL STABILITY

Trait 1 - SELF-ESTEEM

Do you think you are able to do things as well as most other people?

Yes* | Maybe | No || Score:

Do you feel that you have little to be proud of?

Yes | Maybe | No* || Score:

Do you often think of yourself as a failure?

Yes | Maybe | No* || Score:

Do you suffer from feelings of inferiority?

Yes | Maybe | No* || Score:

In general are you pretty sure of yourself?

Yes* | Maybe | No || Score:

Do you often wish you were someone else?

Yes | Maybe | No* || Score:

Would you be troubled by feelings of inadequacy if you had to make a speech?

Yes | Maybe | No* || Score:

Are there a lot of things about yourself that you would change if you had the choice?

Yes | Maybe | No* || Score:

Do you think that, in general, you are quite popular with people?

Yes* | Maybe | No || Score:

Do you have plenty of confidence in your decisions?

Yes* | Maybe | No || Score:

Would you say that you have a favorable opinion of yourself?

Yes* | Maybe | No || Score:

Do you feel ashamed of things you have done?

Yes | Maybe | No* || Score:

Do you feel embarrassed when looking at photos of yourself and feel that they don't do you justice?

Yes | Maybe | No* || Score:

Are there some members of your family who make you feel you are not good enough?

Yes | Maybe | No* || Score:

Do you get very upset if someone criticizes you?

Yes | Maybe | No* || Score:

Do people regard you as useful to have around?

Yes* | Maybe | No || Score:

Do you feel unattractive?

Yes | Maybe | No* || Score:

When people say nice things about you, do you find it difficult to believe they are sincere?

Yes | Maybe | No* || Score:

Do you sometimes withhold your opinions for fear that people will laugh at you?

Yes | Maybe | No* || Score:

Are you shy and self-conscious in social situations?

Yes | Maybe | No* || Score:

Do you have a tendency to feel somehow inadequate compared to the people you meet?

Yes | Maybe | No* || Score:

Do you usually feel you can accomplish the things you want to?

Yes* | Maybe | No || Score:

Are you satisfied with your appearance?

Yes* | Maybe | No || Score:

Do you avoid the company of strangers because you suspect they will not like you?

Yes | Maybe | No* || Score:

Do you find it difficult to do things in a way that others approve of?

Yes | Maybe | No* || Score:

Do you pretend to be a better person than you really are?

Yes | Maybe | No* || Score:

Do you sometimes feel you can never do anything right?

Yes | Maybe | No* || Score:

Do you have doubts about your sexual capability?

Yes | Maybe | No* || Score:

Do you like yourself a lot?

Yes* | Maybe | No || Score:

Do you think your personality is attractive to the opposite sex?

Yes* | Maybe | No || Score:

Would you say that you have a wide range of abilities?

Yes* | Maybe | No || Score:

ANALYSIS

Self-esteem is a trait of emotional stability, of being comfortable with oneself.

Lack

of self esteem, or inferiority complex, is a trait of emotional instability or neuroticism. Self-esteem is acquired through a history of successfully completed actions that demonstrate competence: the ability to produce a desired effect.

Those with high self-esteem scores have plenty of confidence in themselves and their abilities and believe that they are well-liked by other people.

Those with low scores have a low opinion of themselves and tend to project that opinion into other peoples' minds so they then assume that others consider them unattractive or incapable. This makes them self-conscious and inhibited. Such "mind-reading" needs to be disputed and self-esteem recovered by the acknowledgement of achievements.

How do you compare?

The norm on this trait is between 18-19 points (a statistical approximation). This may be represented on the following scale:

Self-esteem 31 30 29 28 27 26 25 24 23 22 21 20 19 || 18 17 16 15 14 13 12 11 10
9 8 7 6 5 4 3 2 1 Inferiority

B - EMOTIONAL STABILITY**Trait 2 - HAPPINESS**

Do you seem to have more than your share of bad luck?

Yes | Maybe | No* || Score:

Do you often feel depressed when you wake up in the mornings?

Yes | Maybe | No* || Score:

In general, would you say that you are satisfied with your life?

Yes* | Maybe | No || Score:

Do you sometimes feel that you don't care what happens to you?

Yes | Maybe | No* || Score:

Do you derive a good deal of happiness from life?

Yes* | Maybe | No || Score:

Do you generally feel in good spirits?

Yes* | Maybe | No || Score:

Do you ever feel miserable for no apparent reason?

Yes | Maybe | No* || Score:

Do you see your future as looking quite bright?

Yes* | Maybe | No || Score:

When things go wrong, do you wish you were dead?

Yes | Maybe | No* || Score:

Do you sometimes feel cheered-up by the misfortunes of others?

Yes | Maybe | No* || Score:

Do you smile and laugh as much as most people?

Yes* | Maybe | No || Score:

Do you feel that you often get a raw deal out of life?

Yes | Maybe | No* || Score:

Do you think that people really don't care what happens to you?

Yes | Maybe | No* || Score:

Do you find people frequently make you feel extremely frustrated or angry?

Yes | Maybe | No* || Score:

Do you often suffer from loneliness?

Yes | Maybe | No* || Score:

Do you think you are contributing to the world and living a useful life?

Yes* | Maybe | No || Score:

Do you find yourself grieving about things that have gone wrong in the past?

Yes | Maybe | No* || Score:

Do other people's successes make you feel resentful?

Yes | Maybe | No* || Score:

Is there at least one person in the world who really loves you?

Yes* | Maybe | No || Score:

Would you agree that the world is too harsh a place to bring a small child into?

Yes | Maybe | No* || Score:

Have you been successful in working towards your goals and aims in life?

Yes* | Maybe | No || Score:

Are you easily overcome by sadness?

Yes | Maybe | No* || Score:

Does it seem to you that it is always other people who get the breaks?

Yes | Maybe | No* || Score:

Do you feel a sense of inner calm and contentment a lot of the time?

Yes* | Maybe | No || Score:

Do you sometimes feel lonely even when you are with other people?

Yes | Maybe | No* || Score:

Do you find a lot of things inspire you to action?

Yes* | Maybe | No || Score:

Do you sometimes wish you had no responsibilities?

Yes | Maybe | No* || Score:

Do you lie awake at night worrying about what's going to happen?

Yes | Maybe | No* || Score:

Do you frequently ponder about lost opportunities?

Yes | Maybe | No* || Score:

Are you enthusiastic about the future?

Yes* | Maybe | No || Score:

Do you feel cheated when you look back at what has happened to you?

Yes | Maybe | No* || Score:

ANALYSIS

High emotional tone - cheerful enthusiasm - is a trait of emotional stability.

Lowered

emotional tone - if it is based on chronic upsets - leads to decreasing stability or "neuroticism" with self-defeating and usually inappropriate negative emotions such as hostility, anger, fear, grief, apathy.

Emotional tone is a reflection of the degree of survival - pleasure versus pain - in one's life (which extends to one's sexual and romantic life and the success of the groups with which one identifies). The more unfronted pain is stored up in the past, the easier that pain may be re-stimulated by new circumstances and cause one to be reactive (rather than conscious) in one's behavior.

Those with a high score on happiness are satisfied with their existence, find life rewarding and are at peace with the world. They are on top of things, emotionally stable, and do not take problems too seriously. For them life is full of challenges, like a game.

Those with low scores are characteristically pessimistic, gloomy and depressed, disappointed in their existence and at odds with the world - others are against them and serious problems abound. They tend to blame others rather than take responsibility for their own choices in life. The depressed person tends to be fearful, apathetic and ill, broken by spells of manic dramatization of rightness against supposed opponents.

How do you compare?

The norm on this trait is between 18-19 points (a statistical approximation). This may be represented on the following scale:

Happy 31 30 29 28 27 26 25 24 23 22 21 20 19 || 18 17 16 15 14 13 12 11 10 9 8
7 6 5 4 3 2 1 Depressed

B - EMOTIONAL STABILITY**Trait 3 - ANXIETY**

Do you blush when people are all looking at you?

Yes* | Maybe | No || Score:

Would you say that you seldom lose any sleep over difficulties in your life?

Yes | Maybe | No* || Score:

Are you usually calm and not easily upset?

Yes | Maybe | No* || Score:

Do you sometimes feel that you have overwhelming responsibilities that you cannot allow to go wrong?

Yes* | Maybe | No || Score:

Do you have any foreboding about the future?

Yes* | Maybe | No || Score:

Do you have misgivings about the outcome of actions that you initiated?

Yes* | Maybe | No || Score:

Do you feel optimistic that all is or will be well?

Yes | Maybe | No* || Score:

Is life often a strain for you?

Yes* | Maybe | No || Score:

Are you afraid when you are alone or in the dark?

Yes* | Maybe | No || Score:

Do you sometimes feel restless, as though you want something but you do not know what?

Yes* | Maybe | No || Score:

Do you tremble, perspire or get butterflies when a difficult task lies ahead?

Yes* | Maybe | No || Score:

Are you less prone to anxiety than most of your friends?

Yes | Maybe | No* || Score:

Do you often go over and over in your mind what you fear might happen to you?

Yes* | Maybe | No || Score:

Are you anxious about something or somebody most of the time?

Yes* | Maybe | No || Score:

If you have made an awkward social error, can you forget it quite easily?

Yes | Maybe | No* || Score:

Can you relax easily when you have time off?

Yes | Maybe | No* || Score:

Do you feel tense in the company of a person of the opposite sex?

Yes* | Maybe | No || Score:

Can you drop off to sleep quite easily at night?

Yes | Maybe | No* || Score:

Are you easily startled when something happens unexpectedly?

Yes* | Maybe | No || Score:

Do you find it difficult to sit still without fidgeting?

Yes* | Maybe | No || Score:

Do you worry a great deal over money matters?

Yes* | Maybe | No || Score:

Are you easily embarrassed in social situations?

Yes* | Maybe | No || Score:

Are you easily rattled if things don't go to plan?

Yes* | Maybe | No || Score:

Does your voice get shaky if you are talking to someone you particularly want to impress?

Yes* | Maybe | No || Score:

Would you stay calm and collected in the face of an emergency?

Yes | Maybe | No* || Score:

Do you worry about the repetition of humiliating experiences?

Yes* | Maybe | No || Score:

Are you inclined to get yourself "all worked up over nothing"?

Yes* | Maybe | No || Score:

Have you ever felt the need to take tranquillizers?

Yes* | Maybe | No || Score:

Can you take charge when everyone around you is in a flap?

Yes | Maybe | No* || Score:

Do you spend most of your time worrying over one thing or another?

Yes* | Maybe | No || Score:

Do you feel confident about your prospects for the future?

Yes | Maybe | No* || Score:

ANALYSIS

Anxious persons are easily upset when things go slightly wrong and are inclined to worry unnecessarily about what may or may not happen. They are ruled by fears and suffer a high level of stress. When anxieties are exaggerated or irrational, emotions become unstable and may develop into neurotic compulsions or phobias.

Those with low scores are placid, serene and resistant to irrational fears and anxieties

- that is, provided they are reasonably happy and outgoing. This implies an understanding that problems are best faced with equanimity, that resistance does not make them go away, and that problems - if faced squarely - are really the stuff that makes life interesting. A person in apathy or grief, however, may not feel anxiety because he has already given up (fear being a more causative emotional tone than apathy or grief).

How do you compare?

The norm on this trait is between 15-16 points (a statistical approximation). This may be represented on the following scale:

Anxiety 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13 12 11 10 9
8 7 6 5 4 3 2 1 Calm

B - EMOTIONAL STABILITY

Trait 4 - OBSESSIVENESS

Are you compelled to wash your hands even though you know them to be clean?

Yes* | Maybe | No || Score:

Do you sometimes have a thought or image that you can't get out of your head?

Yes* | Maybe | No || Score:

Are you often acutely aware of the ticking of clocks?

Yes* | Maybe | No || Score:

If you are reading something that has errors of spelling or punctuation, does this put you off completely?

Yes* | Maybe | No || Score:

Do you sometimes have ideas run through your head repeatedly that you would like to stop but can't?

Yes* | Maybe | No || Score:

Do you indulge in superstitious rituals like avoiding the cracks in the pavement when you walk or lining up items to have perfect symmetry?

Yes* | Maybe | No || Score:

Are you obsessional about locking up drawers, windows, suitcases, etc?

Yes* | Maybe | No || Score:

Before you go to bed, do you check that taps are shut tight, plugs are pulled out, windows are all shut tight, lights off, etc?

Yes* | Maybe | No || Score:

Do you store food supplies in case of an emergency shortage?

Yes* | Maybe | No || Score:

Does dirt frighten or disgust you?

Yes* | Maybe | No || Score:

If you are staying somewhere, do you make a point of planning the escape route in case of fire?

Yes* | Maybe | No || Score:

Are you easily irritated by things that are out of place or disorderly?

Yes* | Maybe | No || Score:

Do you keep careful accounts of the money you spend?

Yes* | Maybe | No || Score:

Do you worry about catching infections from other people?

Yes* | Maybe | No || Score:

Do you usually insist on doing a task yourself rather than trusting somebody else to do it properly?

Yes* | Maybe | No || Score:

Do little inaccuracies or wrong pronunciations by a TV presenter make you angry?

Yes* | Maybe | No || Score:

Do you hoard all kinds of materials (clothes, magazines, etc) in case they come in handy one day?

Yes* | Maybe | No || Score:

Would you rather go without something than feel obliged to another person?

Yes* | Maybe | No || Score:

Do you write everything down and make lists, even of things you have to do in the same day?

Yes* | Maybe | No || Score:

Would you describe yourself as a perfectionist?

Yes* | Maybe | No || Score:

Are you upset if your regular routine is disturbed by unforeseen events?

Yes* | Maybe | No || Score:

Would you describe yourself as an easy-going person?

Yes | Maybe | No* || Score:

Do you like a highly disciplined life with strict routine?

Yes* | Maybe | No || Score:

Are you quite happy to borrow money or buy things you want on credit?

Yes | Maybe | No* || Score:

Do you feel very uncomfortable when kids are making a mess with their toys and games?

Yes* | Maybe | No || Score:

Are you repelled if somebody's pet dog licks you on the hand?

Yes* | Maybe | No || Score:

Would you drive over the speed limit if you were in a hurry?

Yes | Maybe | No* || Score:

Do you go through a set routine on retiring to bed that if broken would cause you great difficulty in getting to sleep?

Yes* | Maybe | No || Score:

Are you often tempted to correct people's grammar when talking to them?

Yes* | Maybe | No || Score:

Do you like to play games where you don't know what's going to happen next?

Yes | Maybe | No* || Score:

Is it very important to you that everything be neat, tidy and organized?

Yes* | Maybe | No || Score:

ANALYSIS

Obsessiveness is another kind of neurosis which can cause emotional instability.

High

scorers on this trait are careful, conscientious, highly disciplined but may also be staid, finicky and easily irritated by things that are unclean, untidy or disorganized.

Obsessiveness is driven by "That must never happen again", so it rules out adventure and spontaneity. Trouble is, what you resist tends to be empowered.

Obsessions can become compulsive so that a person's life is dominated by unwelcome thoughts or protective habit patterns.

Those with low scores are casual, easy-going, with less need for order, routine and ritual to protect themselves from the unforeseen. Life is less serious and problematical, more spontaneous and fun.

How do you compare?

The norm on this trait is between 10-11 points (a statistical approximation). This may be represented on the following scale:

Obsessive 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 || 10
9 8 7 6 5 4 3 2 1 Casual

B - EMOTIONAL STABILITY

Trait 5 - INDEPENDENCE

Is there some habit such as smoking that you would like to break but cannot?

Yes | Maybe | No* || Score:

If you see a game that you would like to be good at, are you usually able to acquire the necessary skills to enjoy it?

Yes* | Maybe | No || Score:

Do you take steps to control your figure by exercise or diet?

Yes* | Maybe | No || Score:

Do you believe that your personality is laid down in your genes, your star sign, your upbringing - so that there is nothing you can do to change it?

Yes | Maybe | No* || Score:

Do you make your own decisions regardless of what other people say?

Yes* | Maybe | No || Score:

Do you find it difficult to stay in good health?

Yes | Maybe | No* || Score:

Do you place your trust in God or fate to see you through?

Yes | Maybe | No* || Score:

If something goes wrong do you usually attribute it to bad luck rather than bad management?

Yes | Maybe | No* || Score:

Do you often feel you are a victim of outside forces that you cannot control?

Yes | Maybe | No* || Score:

Do you feel you can achieve your goals by working hard and organizing your life?

Yes* | Maybe | No || Score:

Do you ever make decisions by the toss of a coin or by leaving things in the lap of the gods?

Yes | Maybe | No* || Score:

Do you often act contrary to custom or to the wishes of your parents?

Yes* | Maybe | No || Score:

If you were feeling lonely, would you make an effort to be friendly to people?

Yes* | Maybe | No || Score:

Are you easily persuaded by the arguments of other people?

Yes | Maybe | No* || Score:

Do you often find life difficult to cope with?

Yes | Maybe | No* || Score:

Are many of the things you do geared towards pleasing other people?

Yes | Maybe | No* || Score:

Do you believe that your future is really in your own hands?

Yes* | Maybe | No || Score:

Have you as much will power as the next person?

Yes* | Maybe | No || Score:

Do you find it a waste of time planning ahead because something always turns up that spoils your plans?

Yes | Maybe | No* || Score:

Would you prefer a job in which somebody else made the decisions and told

you what to do?

Yes | Maybe | No* || Score:

Do you sometimes feel that you don't have enough control over the direction that your life is taking?

Yes | Maybe | No* || Score:

Do you find that things are changing so fast that you no longer know which rules to follow?

Yes | Maybe | No* || Score:

Do you have clear-cut goals and a sense of purpose in your life?

Yes* | Maybe | No || Score:

Do you often have the feeling that other people are using you?

Yes | Maybe | No* || Score:

Are you sometimes influenced by adverts to buy something you don't really want?

Yes | Maybe | No* || Score:

Do you read horoscopes with the hope of obtaining some guidance in your life?

Yes | Maybe | No* || Score:

Does it concern you whether your clothes are fashionable or not?

Yes | Maybe | No* || Score:

Would it make a difference to your enjoyment of a film if it had poor reviews?

Yes | Maybe | No* || Score:

Do you frequently find yourself doing things that you really don't wish to be doing at all?

Yes | Maybe | No* || Score:

Would you do what you were told by a law officer, even if you thought it was the wrong thing to do?

Yes | Maybe | No* || Score:

Do you sometimes wake up and wonder: "Who am I? What am I doing here?"

Yes | Maybe | No* || Score:

ANALYSIS

One may be self-directed or directed by others. Autonomy or self-determinism is eroded by the cultural conditioning of our upbringing and the continuous assault of the media, so that many lives are to a considerable extent programmed, as in a hypnotic trance.

High scorers on this trait enjoy a great deal of freedom and independence, make their own decisions and take realistic action towards achieving their own goals in life.

Those with low scores lack self-reliance, think of themselves as pawns of fate, pushed around by other people, events and the society at large so that they are not really leading their own lives at all. They show a high degree of "authoritarian submission", an unquestioning obedience to institutional power and the status quo. Their goals are not their own.

Undoing this cultural trance and recovering one's spiritual identity is a major part of
The Meta-Programming Project.

How do you compare?

The norm on this trait is between 15-16 points (a statistical approximation). This may be represented on the following scale:

Independence 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Dependency

B - EMOTIONAL STABILITY**Trait 6 - HYPOCHONDRIA**

Do you usually feel reasonably well and strong?

Yes | Maybe | No* || Score:

Do you frequently feel feint?

Yes* | Maybe | No || Score:

Do you have more headaches than most people?

Yes* | Maybe | No || Score:

Do you worry a lot about catching diseases?

Yes* | Maybe | No || Score:

Do you visit your doctor when you have a cold?

Yes* | Maybe | No || Score:

Do you keep a medical cabinet with a variety of leftovers from past prescriptions?

Yes* | Maybe | No || Score:

Are you normally in quite good health?

Yes | Maybe | No* || Score:

Does stomach trouble run in your family?

Yes* | Maybe | No || Score:

Are other people unsympathetic when you are feeling unwell?

Yes* | Maybe | No || Score:

Do you worry a lot about other members of your family getting ill?

Yes* | Maybe | No || Score:

Do you stay off work if you have any kind of health problem?

Yes* | Maybe | No || Score:

Do you read medical books and worry that you have all the symptoms described?

Yes* | Maybe | No || Score:

Do you find it comforting when you are ill to get all the extra attention and sympathy from your family and friends?

Yes* | Maybe | No || Score:

Do you feel pity for people who are ill?

Yes* | Maybe | No || Score:

Do you believe that you can readily maintain good health through adequate exercise and nutrition?

Yes | Maybe | No* || Score:

Are you quite pleased when a physical symptom allows you to avoid work or some other responsibility?

Yes* | Maybe | No || Score:

Are you seldom ill?

Yes | Maybe | No* || Score:

Do you worry a lot about your health?

Yes* | Maybe | No || Score:

Are you very afraid of getting a serious illness or needing an operation?

Yes* | Maybe | No || Score:

Do you frequently call out the doctor?

Yes* | Maybe | No || Score:

Is death something that you feel may be just around the corner?

Yes* | Maybe | No || Score:

Do you tend to feel ill around certain people or places?

Yes* | Maybe | No || Score:

Do certain memories accompany painful symptoms?

Yes* | Maybe | No || Score:

Do you feel more important when telling people about an interesting symptom that you suffer from?

Yes* | Maybe | No || Score:

Do you get a great deal of pleasure from the health and vitality of your body?

Yes | Maybe | No* || Score:

ANALYSIS

Hypochondria is a tendency to imagine one is ill or to acquire psychosomatic symptoms in order to gain attention and sympathy or to avoid responsibility.

High scorers complain of a wide variety of physical symptoms, show a great deal of concern about their state of health and frequently demand the sympathetic attention of their doctor and their family and friends. However they tend not to make rational changes to improve their health, such as by better diet and exercise, because the illness serves them and they would not want to be without it. Psychosomatic symptoms may also be the result of re-stimulation of past physical or emotional trauma by present circumstances; but this does not tend to be lasting unless the illness serves the person in some way.

Those with low scores are seldom ill and do not worry very much about their health; which is not to say that they do not take responsibility for their health. They enjoy being alive.

How do you compare?

The norm on this trait is between 9-10 points (a statistical approximation). This may be represented on the following scale:

Hypochondria 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 || 9 8 7 6 5 4 3 2
1 Sense of Health

B - EMOTIONAL STABILITY**Trait 7 - GUILT**

Are you often troubled by feelings of guilt?

Yes* | Maybe | No || Score:

Do you sometimes catch yourself apologizing when you have not actually done anything wrong?

Yes* | Maybe | No || Score:

Do you sometimes think you have let down your parents by the life you have lead?

Yes* | Maybe | No || Score:

Do you believe that you have committed unpardonable sins?

Yes* | Maybe | No || Score:

Do you feel a strong need to confess something you have done?

Yes* | Maybe | No || Score:

Do you often feel that people disapprove of you?

Yes* | Maybe | No || Score:

Do you feel that the pleasure you have in the here and now will have to be paid for eventually?

Yes* | Maybe | No || Score:

Do you feel you have a bad karma?

Yes* | Maybe | No || Score:

Do you feel guilty that you have a more affluent lifestyle than many can afford?

Yes* | Maybe | No || Score:

Are there things you have done that you cannot get out of your mind?

Yes* | Maybe | No || Score:

If you have an accident do you feel that you must have deserved it?

Yes* | Maybe | No || Score:

Do you consider that we are all sinners and basically flawed?

Yes* | Maybe | No || Score:

Do you feel that you have learnt valuable lessons from the mistakes you made in the past?

Yes | Maybe | No* || Score:

Do you feel guilty about other people's bad actions?

Yes* | Maybe | No || Score:

Are you regretful about your early sexual experiences?

Yes* | Maybe | No || Score:

Do you have some bad habits that are really inexcusable?

Yes* | Maybe | No || Score:

Are there things you'd like to do that you know are very wrong?

Yes* | Maybe | No || Score:

Are you often bothered by pangs of conscience?

Yes* | Maybe | No || Score:

Do you regard your youth as mis-spent?

Yes* | Maybe | No || Score:

Are there things you've done that you would give anything to un-do?

Yes* | Maybe | No || Score:

Do you think you are undeserving of other people's trust and affections?

Yes* | Maybe | No || Score:

Do you spend a great deal of time going over things that have happened in the past and wishing that you had behaved more responsibly?

Yes* | Maybe | No || Score:

Are you worried that something you have done might be found out?

Yes* | Maybe | No || Score:

Are you harboring a guilty secret that you are afraid must come out one day?

Yes* | Maybe | No || Score:

Do you believe that bad behavior will always be punished in the long run?

Yes* | Maybe | No || Score:

If you have done something morally reprehensible can you put it behind you and direct your thoughts to the future?

Yes | Maybe | No* || Score:

When you have done something wrong do you try and cover it up with criticisms and make-wrongs to justify your actions?

Yes* | Maybe | No || Score:

Do you often think back on how you have treated people in the past?

Yes* | Maybe | No || Score:

Are you ashamed of your own sexual desires and fantasies?

Yes* | Maybe | No || Score:

Do you feel that you have disappointed people in the past by not working

hard enough?

Yes* | Maybe | No || Score:

Do you expect God will punish you for your sins in an after-life?

Yes* | Maybe | No || Score:

ANALYSIS

Guilt is an emotional instability that unfortunately is closely tied with cultural conditioning. Parental and religious shoulds and shouldn'ts create dependencies that

are usually irrational, based on the fear of judgment and punishment. Ethics and judgment are not imposed from above but are self-imposed. Misdeeds are mistakes, misguided actions, from which we can learn. Learning is what life is all about and that is the truth of karma.

When we allow ourselves to learn such a lesson, the slate is wiped clean - by ourselves. When we continue to justify our actions and defend our rightnesses - against the true voice of conscience of the Higher Self (not the replayed tapes of earlier authorities) which is unspoken but always known - then we continue to suffer.

Those with high scores are self-abasing and troubled by their conscience, regardless of whether their behavior is really morally reprehensible. Excessive self-recrimination, often due to a religious background, is a neurotic characteristic.

Those with low scores are little inclined to punish themselves or regret their past behavior. Without responsibility this is the psychopath. But in the case of a person who is truly free of guilt, this is not because of a lack of responsibility or empathy with the feelings of others - on the contrary, the person is open to the truth within himself (not necessarily the cultural line), has accepted responsibility for the effects of his actions, has honestly learnt the lessons provided by the experience, and has developed accordingly.

How do you compare?

The norm on this trait is between 12-13 points (a statistical approximation). This may be represented on the following scale:

Guilt 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 || 12 11 10 9 8 7
6 5 4 3 2 1 Freedom from Guilt

C - MASTERY/SYMPATHY

Trait 1 - AGGRESSIVENESS

If someone does you a bad turn do you feel obliged to do something about it?

Yes* | Maybe | No || Score:

Would you like to watch an execution if given the opportunity?

Yes* | Maybe | No || Score:

Do you think that if someone is rude to you it is best to let it pass?

Yes | Maybe | No* || Score:

Have you ever felt as though you would genuinely like to kill somebody?

Yes* | Maybe | No || Score:

Do you get very angry when you read what certain politicians have said in the newspaper?

Yes* | Maybe | No || Score:

Do you like to watch boxing matches on TV?

Yes* | Maybe | No || Score:

Do you ever get so angry with other people that you yell and swear at them?

Yes* | Maybe | No || Score:

Do you quickly forgive people who let you down?

Yes | Maybe | No* || Score:

Did you avoid fights or rough games when you were a child?

Yes | Maybe | No* || Score:

Do you think most pacifists are just cowards?

Yes* | Maybe | No || Score:

Do you often grind your teeth, consciously or unconsciously?

Yes* | Maybe | No || Score:

Would you say that you lose your temper less often than most people?

Yes | Maybe | No* || Score:

Do you sometimes get so annoyed that you slam doors or smash things around the house?

Yes* | Maybe | No || Score:

Do you like to play at ducking people when you are having a swim?

Yes* | Maybe | No || Score:

Do you tend to blame other people when things go wrong?

Yes* | Maybe | No || Score:

Do you prefer to refrain from expressing your irritation?

Yes | Maybe | No* || Score:

If somebody behaves stupidly, do you usually tell them so in no uncertain terms?

Yes* | Maybe | No || Score:

Would you rather say you agree with somebody than start an argument?

Yes | Maybe | No* || Score:

Do you stamp your feet and kick things when you are in a rage?

Yes* | Maybe | No || Score:

Do you usually manage to be patient, even with fools?

Yes | Maybe | No* || Score:

Do you often make biting or sarcastic remarks about people?

Yes* | Maybe | No || Score:

Do you sometimes pick a fight with somebody just for pleasure?

Yes* | Maybe | No || Score:

Do you or would you like to fire guns?

Yes* | Maybe | No || Score:

Are you considered a gentle person?

Yes | Maybe | No* || Score:

Would you hesitate to shoot a burglar who was escaping with your prize possessions?

Yes | Maybe | No* || Score:

If you meet a person who is conceited and domineering are you inclined to put him in his place?

Yes* | Maybe | No || Score:

Do you enjoy scenes of violence in the movies?

Yes* | Maybe | No || Score:

In general are you satisfied with the way the country is being run?

Yes | Maybe | No* || Score:

Are you often extremely furious with other people even though you refrain from letting them know?

Yes* | Maybe | No || Score:

In an argument would you hold back from destroying the other person's self-esteem?

Yes | Maybe | No* || Score:

Do you avoid personal conflict if you possibly can?

Yes | Maybe | No* || Score:

ANALYSIS

Those with high scores are given to the direct or indirect expression of aggression, e.g. through temper tantrums, fighting, violent arguments or sarcasm. They take no nonsense and feel compelled to return fire or get back at anyone who comes up against them. They like to be master of a situation and are not interested in the other's point of view or feelings. Sympathy is something they don't understand because winning in a game is all-important and losers are fools. They are very defensive and are really covering up their own shortcomings, but far from having given up they energetically feel attack is the best form of defense.

Those with low scores are gentle, sympathetic, even-tempered, prefer to avoid personal conflict and abhor violence whether physical or indirect. This may be because they see the futility of an aggressive approach and prefer to encourage communication, empathy and understanding as the best way to obtain agreement or to improve a situation. Or on the negative side, it may be because they lack drive and sincere beliefs and so are not involved enough to care.

How do you compare?

The norm on this trait is between 12-13 points (a statistical approximation). This may be represented on the following scale:

Aggressiveness 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 || 12
11 10 9 8 7 6 5 4 3 2 1 Peacefulness

C - MASTERY/SYMPATHY

Trait 2 - ASSERTIVENESS

Would you rebuke a friend if you disapproved of his/her behavior?

Yes* | Maybe | No || Score:

Do you try to get your own way regardless of opposition?

Yes* | Maybe | No || Score:

If someone went to the front of a queue out of turn, would you do something about it?

Yes* | Maybe | No || Score:

If somebody smoking nearby was annoying you, would you ask them to stop?

Yes* | Maybe | No || Score:

Do you believe that it is necessary to fight for your rights?

Yes* | Maybe | No || Score:

Do you express your opinions with a belief that you have a right to be heard?

Yes* | Maybe | No || Score:

Do you make a point of complaining if you are sold shoddy goods?

Yes* | Maybe | No || Score:

Do you think your views are not necessarily important?

Yes | Maybe | No* || Score:

Are you intimidated by people in authority?

Yes | Maybe | No* || Score:

As a child did you usually do as you were told?

Yes | Maybe | No* || Score:

If somebody in a theatre was wearing a hat that obscured your view would you put up with the situation rather than ask them to remove it?

Yes | Maybe | No* || Score:

Do you usually make the decisions when you are with a group of people?

Yes* | Maybe | No || Score:

If you have been given poor service in a hotel or restaurant do you prefer to let it pass rather than make a fuss?

Yes | Maybe | No* || Score:

Do you prefer to stay in the background rather than push yourself forward?

Yes | Maybe | No* || Score:

Do you agree with the philosophy of "every man for himself"?

Yes* | Maybe | No || Score:

Do you usually dissociate from strikes or political protests?

Yes | Maybe | No* || Score:

If you are in a competition or contest is it important for you to win?

Yes* | Maybe | No || Score:

Do you always argue a point if you think you are right?

Yes* | Maybe | No || Score:

Do you hesitate to ask a stranger for a street direction?

Yes | Maybe | No* || Score:

Do you tend to be pushed around by other people?

Yes | Maybe | No* || Score:

Would you rather take orders than give them?

Yes | Maybe | No* || Score:

Do you always stand up for your rights?

Yes* | Maybe | No || Score:

Do you always obey "keep off the grass" signs?

Yes | Maybe | No* || Score:

Would you like to be interviewed on television?

Yes* | Maybe | No || Score:

Do you hesitate to take a front seat in a lecture room or theatre because you don't like to be conspicuous?

Yes | Maybe | No* || Score:

Are you good at bluffing your way out of difficult situations?

Yes* | Maybe | No || Score:

Do you find it difficult to get rid of a salesman who is persistent and wasting your time?

Yes | Maybe | No* || Score:

Do you like to take the initiative at work if the situation demands it?

Yes* | Maybe | No || Score:

Do you think of humility as a virtue?

Yes | Maybe | No* || Score:

If you were sitting in a jury would you stick to what you felt was right even though all of the others disagreed strongly?

Yes* | Maybe | No || Score:

Do you hesitate to assist somebody when it is clear they are making a mistake or doing something wrongly?

Yes | Maybe | No* || Score:

ANALYSIS

Those with high scores have what is sometimes called a "strong personality": they are independent, dominant, and stand up for their rights, perhaps to the extent of being viewed as "pushy".

Those with low scores are humble, timid, submissive, disinclined to take any initiative into any interpersonal situation and may easily be imposed upon.

Assertiveness is often confused with aggressiveness, but really it is a matter of standing up for your rights and for what you feel is right, i.e. the assertion of ethics. As long as one is not rude, or inconsiderate of the rights of others, the ability to be assertive is an asset and is necessary to achieve worthwhile aims and impose some order and justice in one's environment.

How do you compare?

The norm on this trait is between 15-16 points (a statistical approximation). This may be represented on the following scale:

Assertiveness 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Submissiveness

C - MASTERY/SYMPATHY**Trait 3 - AMBITION**

Do you desire to be an important person in your community?

Yes* | Maybe | No || Score:

Do you set your aspirations low in order to avoid disappointments?

Yes | Maybe | No* || Score:

Would you describe yourself as an ambitious person?

Yes* | Maybe | No || Score:

Do you work hard for success rather than daydream about it?

Yes* | Maybe | No || Score:

Do you have any tendency towards laziness?

Yes | Maybe | No* || Score:

Do you try to do things immediately rather than put them off until later?

Yes* | Maybe | No || Score:

Do you pursue your aims with relentless determination?

Yes* | Maybe | No || Score:

When you sat for exams during school or college, did you do a lot of preparation for them?

Yes* | Maybe | No || Score:

Do days sometimes go by without you having done a thing?

Yes | Maybe | No* || Score:

Do you find it difficult to enjoy a holiday because you would rather be back at work?

Yes* | Maybe | No || Score:

Are you sometimes so excited by your work that thinking about it keeps you awake at night?

Yes* | Maybe | No || Score:

Do you compare your ability and performance on a job with that of other people?

Yes* | Maybe | No || Score:

Are you inclined to be envious of the success of other people?

Yes* | Maybe | No || Score:

Do you get excited when you are telling someone about your future plans?

Yes* | Maybe | No || Score:

Is it important to you to "get on in the world"?

Yes* | Maybe | No || Score:

Do you enjoy reading about the lives of famous people?

Yes* | Maybe | No || Score:

Are you satisfied with things just as they are rather than striving to improve your position?

Yes | Maybe | No* || Score:

Do you find distractions very annoying when you are working?

Yes* | Maybe | No || Score:

Would you prefer to laze on the beach rather than work on a project?

Yes | Maybe | No* || Score:

Have you ever tried to model your life on that of a person you admire?

Yes* | Maybe | No || Score:

Are you satisfied with your current achievements?

Yes | Maybe | No* || Score:

Would you very much enjoy being "in the public eye"?

Yes* | Maybe | No || Score:

Are you embarrassed if you caught being lazy?

Yes* | Maybe | No || Score:

Do you take a great deal of pride in your achievements?

Yes* | Maybe | No || Score:

Do you have a strong desire to "better yourself"?

Yes* | Maybe | No || Score:

Do you prefer to mix with people who are ambitious and successful?

Yes* | Maybe | No || Score:

Do you let an escalator carry you along without walking yourself?

Yes | Maybe | No* || Score:

Do you know what you want and are determined to get it?

Yes* | Maybe | No || Score:

Do you think it is important to make a creative contribution to society?

Yes* | Maybe | No || Score:

Are you happy to live your life without necessarily making any impact on the world around you?

Yes | Maybe | No* || Score:

When you play a game, is it important to you to do well?

Yes* | Maybe | No || Score:

ANALYSIS

Those with high scores are ambitious, hard-working, competitive, keen to improve their social standing and place a high value on productivity or creative output. They have clear aims in life and are willing to put in the effort to achieve them.

Those with low scores place little value on competitive performance or creating worthwhile effects. Such a person may be retiring, aimless or apathetic; this may be because of past failures, disillusionment, a feeling of estrangement from the goals of society, or simply not having established a personal identity or vision for the future.

How do you compare?

The norm on this trait is between 14-15 points (a statistical approximation). This may be represented on the following scale:

Ambitiousness 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 || 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Unambitiousness

C - MASTERY/SYMPATHY

Trait 4 - MANIPULATION

Do you prefer to conceal from others what your motives are for your actions?

Yes* | Maybe | No || Score:

Would you be more upset by losing some valuable property than hearing that a friend was seriously ill?

Yes* | Maybe | No || Score:

Do you think that honesty is always the best policy?

Yes | Maybe | No* || Score:

Do you think that politicians are generally sincere and doing their best for the country?

Yes | Maybe | No* || Score:

Do you sometimes tell people what you think they want to hear so they will think better of you?

Yes* | Maybe | No || Score:

Do you think that fools deserve to be parted from their money?

Yes* | Maybe | No || Score:

Are you adept in the use of white lies?

Yes* | Maybe | No || Score:

Do you agree that it is naive and dangerous to place your complete trust in another person?

Yes* | Maybe | No || Score:

Do you consciously use flattery to assist in gaining your own ends?

Yes* | Maybe | No || Score:

Do you believe it is necessary to cut corners here and there to get on in the world?

Yes* | Maybe | No || Score:

Are you generally cool and detached in your dealings with other people?

Yes* | Maybe | No || Score:

Would you be happy to take advantage of peoples' ignorance or naïvity in your business activities?

Yes* | Maybe | No || Score:

If you want someone to do something for you, do you tell them your true reasons rather than offer reasons which might be more acceptable and persuasive?

Yes | Maybe | No* || Score:

Do you tend to feel sympathy for the underdog?

Yes | Maybe | No* || Score:

Are you drawn towards people who are sick or unfortunate?

Yes | Maybe | No* || Score:

Do you think that most people are basically good and kind?

Yes | Maybe | No* || Score:

Do you think it is justified to hurt other people to get what you want?

Yes* | Maybe | No || Score:

Do you usually take care of your own interests before worrying about those of other people?

Yes* | Maybe | No || Score:

Do some of your friends regard you as too good-natured and easily taken

advantage of?

Yes | Maybe | No* || Score:

Do you normally tell the truth even though you might be better off lying?

Yes | Maybe | No* || Score:

Are you generally able to persuade other people to do what you want them to do?

Yes* | Maybe | No || Score:

Would you put yourself out to help somebody who was suffering an emotional hurt?

Yes | Maybe | No* || Score:

Do you tend to get closely involved with other people so that you share their problems?

Yes | Maybe | No* || Score:

Do you think there are better reasons for getting married than being in love?

Yes* | Maybe | No || Score:

Would you befriend someone you did not really like if you thought he or she might be a useful contact?

Yes* | Maybe | No || Score:

Do you gain a lot of pleasure out of helping other people?

Yes | Maybe | No* || Score:

Can you easily disregard the feelings of other people in order to deal more expediently with them?

Yes* | Maybe | No || Score:

Do you often plan what you are going to say before you meet someone?

Yes* | Maybe | No || Score:

Is love more important to you than success?

Yes | Maybe | No* || Score:

Do you regard yourself as a skilled organizer and manipulator of other people?

Yes* | Maybe | No || Score:

Would you consider threatening another to get them to do what you want?

Yes* | Maybe | No || Score:

ANALYSIS

Those with high scores tend to be detached, calculating, shrewd, worldly, expedient and self-interested in their dealings with other people; at the extreme this may be psychopathic, where empathy is impossible - the world view of the criminal or tyrant.

Those with low scores are warm-hearted, trusting, empathetic, straightforward, honest and altruistic, perhaps also a little naive and gullible. Most people would like to have empathic relationships since this quality is necessary for good communication, shared agreements and mutual understanding. However, the need to be right, fixed ideas and the stresses of survival may drive people into manipulative strategies, as seen all too commonly in the home or in the workplace.

How do you compare?

The norm on this trait is between 12-13 points (a statistical approximation). This may be represented on the following scale:

Manipulation 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 || 12 11
10 9 8 7 6 5 4 3 2 1 Empathy

C - MASTERY/SYMPATHY

Trait 5 - SENSATION

Do you like a good deal of variety and change in your life?

Yes* | Maybe | No || Score:

Would you like to ride in a racing car at 180 m.p.h.?

Yes* | Maybe | No || Score:

Do you like to be in a climate that has very even temperatures?

Yes | Maybe | No* || Score:

Would mountain climbing be too dangerous for you to consider as a sport for yourself?

Yes | Maybe | No* || Score:

Would you take drugs that were likely to have strange effects on you such as causing hallucinations?

Yes* | Maybe | No || Score:

Do the sports of deep-sea diving, hot-air ballooning or parachuting appeal to you?

Yes* | Maybe | No || Score:

Do you prefer to avoid the more "hair-raising" rides at amusement parks?

Yes | Maybe | No* || Score:

Do you like to mix with people who are wild and unpredictable?

Yes* | Maybe | No || Score:

Would you like to learn to fly an aeroplane?

Yes* | Maybe | No || Score:

In general, would you avoid unusual, spicy or exotic meals?

Yes | Maybe | No* || Score:

Would you consider going to a wife-swapping party?

Yes* | Maybe | No || Score:

Do you prefer paintings that are subtle and discreet rather than vivid and shocking?

Yes | Maybe | No* || Score:

Are you easily susceptible to boredom?

Yes* | Maybe | No || Score:

Do you sometimes say something surprising just to see how people will react to it?

Yes* | Maybe | No || Score:

Do you enjoy horror movies?

Yes* | Maybe | No || Score:

If you were offered the opportunity to take part in a parapsychological experiment, would you accept?

Yes* | Maybe | No || Score:

Would you rather mix with people of your own kind than with foreigners who have strange customs?

Yes | Maybe | No* || Score:

Would you enjoy watching a pornographic film?

Yes* | Maybe | No || Score:

Do you dislike people who play practical jokes?

Yes | Maybe | No* || Score:

Do you like plenty of bustle and excitement going on around you?

Yes* | Maybe | No || Score:

Would you find it very difficult to leave your family and friends and travel to a new part of the world to live?

Yes | Maybe | No* || Score:

Do you like to try out unusual ways of making love?

Yes* | Maybe | No || Score:

Would you enjoy a life of peace and serenity?

Yes | Maybe | No* || Score:

Do you often long for excitement?

Yes* | Maybe | No || Score:

Is boredom a feeling that you strongly dislike?

Yes* | Maybe | No || Score:

Would you rather read a book than go to a wild party?

Yes | Maybe | No* || Score:

Do you just like a life of peace and quiet?

Yes | Maybe | No* || Score:

Do you find you make plans but don't carry them out?

Yes | Maybe | No* || Score:

Do you have many fears or phobias?

Yes | Maybe | No* || Score:

Would you prefer to withdraw from noisy, colorful or chaotic environments?

Yes | Maybe | No* || Score:

Would you be excited at the prospect of playing "truth or dare" amongst friends?

Yes* | Maybe | No || Score:

ANALYSIS

Those with high scores tend to seek thrills in life, they love novel experiences and the spice of a little danger. They are easily bored and so seek new sensations and exciting experiences to become involved in. This may be because they do not like their own company and mental environment and so seek to be immersed in outside stimuli to escape from home truths.

Those with low scores have little need for excitement and adventure; instead they prefer the secure and familiar comforts of home. They may be scared of social intercourse and risk-taking; or they may be "deep thinkers" who feel that parties and the like are a waste of their valuable time and small-talk to be trivial.

How do you compare?

The norm on this trait is between 15-16 points (a statistical approximation). This may be represented on the following scale:

Sensation Seeking 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13
12 11 10 9 8 7 6 5 4 3 2 1 Unadventurousness

C - MASTERY/SYMPATHY

Trait 6 - DOGMATISM

Do you find it difficult to stop once you get into a heated discussion?

Yes* | Maybe | No || Score:

Do you think it is dangerous to compromise with someone who disagrees with you?

Yes* | Maybe | No || Score:

Would you prefer to be a dead hero than a live coward?

Yes* | Maybe | No || Score:

Are you forthright and uncompromising in arguments?

Yes* | Maybe | No || Score:

Do you often question your own morality and feelings about what is right and wrong?

Yes | Maybe | No* || Score:

Once you have made up your mind about something, do you normally stick to your decision come what may?

Yes* | Maybe | No || Score:

Do you believe there is only one true religion?

Yes* | Maybe | No || Score:

Do you agree that most politicians speak a load of rubbish?

Yes* | Maybe | No || Score:

Do you think that people with extreme views should be allowed to air them in public?

Yes | Maybe | No* || Score:

In the case of a disagreement, do you try to put yourself in the other person's shoes and try to understand his or her point of view?

Yes | Maybe | No* || Score:

Do you attempt to convert others to your own opinion on matters of religion, politics and morality?

Yes* | Maybe | No || Score:

Do you sometimes argue for the sake of argument even though you know that you might be wrong?

Yes* | Maybe | No || Score:

Do you find that your own way of attacking a problem is inevitably the best approach?

Yes* | Maybe | No || Score:

Does it annoy you when a supposed expert fails to come up with a definite solution to a problem?

Yes* | Maybe | No || Score:

Do you think it would be a good thing if everybody shared the same ideas and values?

Yes* | Maybe | No || Score:

Are you inclined to see things in various shades of grey rather than in black and white?

Yes | Maybe | No* || Score:

Do you think a good teacher is one who makes you wonder rather than telling you all the answers?

Yes | Maybe | No* || Score:

Does your blood boil when people refuse to admit they are wrong?

Yes* | Maybe | No || Score:

Are you sometimes uncertain as to which way you will vote in an election?

Yes | Maybe | No* || Score:

Do you think that other cultures have a good deal to teach us about how to live?

Yes | Maybe | No* || Score:

Do you find it easy to be friendly with people from quite different backgrounds from your own?

Yes | Maybe | No* || Score:

Do you think it is sometimes necessary to use force in order to advance an idea or what you think is right?

Yes* | Maybe | No || Score:

Do you change your mind readily if someone puts up a convincing argument?

Yes | Maybe | No* || Score:

Do you think there is a kernel of truth in nearly everybody's point of view?

Yes | Maybe | No* || Score:

Do you tend to have to repeat yourself to make sure that you are properly understood?

Yes* | Maybe | No || Score:

Do you carefully consider a variety of possible views before deciding on your own?

Yes | Maybe | No* || Score:

Do you determine much of your conduct in relation to a single great cause?

Yes* | Maybe | No || Score:

Are you appalled by the ignorance shown by a majority of people on social and political matters?

Yes* | Maybe | No || Score:

Do you find it very frustrating if there isn't a clear-cut answer to a problem?

Yes* | Maybe | No || Score:

Do you find others stupid in many ways so that you feel the need to control and direct them?

Yes* | Maybe | No || Score:

Do you find alternative points of view fascinating?

Yes | Maybe | No* || Score:

ANALYSIS

Those with high scores are dogmatic. They have set, uncompromising views on most matters and are likely to defend them vigorously and vociferously. They are defending their identity by fixing it rigidly and they perceive many people as enemies or opponents.

Those with low scores are less rigid and less likely to see things in black and white. They are flexible and therefore open to rational persuasion and tolerant of uncertainty. They have the ability to learn from their mistakes, to develop themselves, to respect others and to think creatively. In the extreme, however, this may be a person who is confused, has low self-esteem and no real idea of what is right and wrong and is therefore easily swayed and manipulated.

How do you compare?

The norm on this trait is between 15-16 points (a statistical approximation). This may be represented on the following scale:

Dogmatism 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Flexibility

C - MASTERY/SYMPATHY**Trait 7 - MASCULINITY/FEMININITY**

Do you like to engage in rough physical activity?

Yes* | Maybe | No || Score:

At school did you prefer English literature over general science?

Yes | Maybe | No* || Score:

Do you enjoy reading romantic stories?

Yes | Maybe | No* || Score:

Are you very sensitive to beauty in your surroundings?

Yes | Maybe | No* || Score:

Do you enjoy shopping?

Yes | Maybe | No* || Score:

Do you feel like crying if you see a sad film?

Yes | Maybe | No* || Score:

Are you afraid of snakes, worms or spiders?

Yes | Maybe | No* || Score:

Does computer technology interest you more than the psychology of personal relationships?

Yes* | Maybe | No || Score:

Do you sometimes have sadistic fantasies?

Yes* | Maybe | No || Score:

Do you like going to dances?

Yes | Maybe | No* || Score:

Do you like aggressive scenes of sex and violence at the movies?

Yes* | Maybe | No || Score:

Would the sight of a great deal of blood make you faint?

Yes | Maybe | No* || Score:

Are you "turned off" by crude and vulgar jokes?

Yes | Maybe | No* || Score:

Do you rely on intuition as to whether or not a person is trustworthy?

Yes | Maybe | No* || Score:

Do you occasionally break down and cry?

Yes | Maybe | No* || Score:

Do you enjoy watching competitive physical sports such as boxing and football?

Yes* | Maybe | No || Score:

Are you somewhat frightened of the dark?

Yes | Maybe | No* || Score:

Are you interested in science fiction?

Yes* | Maybe | No || Score:

Do you find it difficult to resist picking up and cuddling small furry animals?

Yes | Maybe | No* || Score:

Do you often think about falling in love?

Yes | Maybe | No* || Score:

Do you startle easily if someone appears suddenly and unexpectedly?

Yes | Maybe | No* || Score:

Would you consider taking part in an orgy?

Yes* | Maybe | No || Score:

Would you enjoy singing in a choir?

Yes | Maybe | No* || Score:

Are you curious about the workings of engines or other mechanical devices?

Yes* | Maybe | No || Score:

Do you like war stories and films?

Yes* | Maybe | No || Score:

Would you enjoy painting pictures of children?

Yes | Maybe | No* || Score:

Do you feel upset if you see a bird with a broken wing?

Yes | Maybe | No* || Score:

Would you rather be an air pilot than a dress designer?

Yes* | Maybe | No || Score:

As a child, did you enjoy playing with guns?

Yes* | Maybe | No || Score:

Does it make you cringe to see men cry or hug each other?

Yes* | Maybe | No || Score:

Do you find flowers extremely beautiful?

Yes | Maybe | No* || Score:

ANALYSIS

Those with high scores are definitely living up to the macho masculine stereotype. They are tolerant of - and may even enjoy - violence, obscenity and swearing; they are disinclined to show weakness or sentimentality of any kind, e.g. by crying or expressing love, and they rely on reason rather than intuition to come to decisions.

Those with low scores are easily upset by another's misfortune, by blood, bugs, brutality, etc and are fascinated by delicate matters such as romance, children, fine arts, flowers and clothes. Obviously men score much higher on average than women

but there is a great deal of variation within each sex and the cultural conditioning of gender stereotypes is under increasing scrutiny.

How do you compare?

The norm on this trait is between 13-14 points (a statistical approximation). This may be represented on the following scale:

Masculinity 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 || 13 12 11 10
9 8 7 6 5 4 3 2 1 Femininity

Move on to the next Category (D - Sexuality) and the first Trait: LIBIDO.

Masculinity and femininity have just been examined from the point of view of Mastery and Sympathy in relationships, but in Category D we look at the sex drive itself.

D - SEXUALITY

Trait 1 - SEXUAL LIBIDO

Sex without love ("impersonal sex") is highly unsatisfactory.

Yes | Maybe | No* || Score:

Conditions have to be just right to get me excited sexually.

Yes | Maybe | No* || Score:

I think only rarely about sex.

Yes | Maybe | No* || Score:

Sometimes it has been a problem to control my sexual urges.

Yes* | Maybe | No || Score:

If I love a person I'm happy to do anything with them.

Yes* | Maybe | No || Score:

I get very pleasurable feelings from touching my sexual parts.

Yes* | Maybe | No || Score:

It is disgusting to see animals having sex in the street.

Yes | Maybe | No* || Score:

Frankly, I desire people of my own sex.

Yes* | Maybe | No || Score:

It doesn't take much to get me turned on sexually.

Yes* | Maybe | No || Score:

There are some things I wouldn't want to do with anyone.

Yes | Maybe | No* || Score:

I think about sex almost every day, if not more often.

Yes* | Maybe | No || Score:

I get sexually aroused very easily.

Yes* | Maybe | No || Score:

The thought of a sex orgy is disgusting to me.

Yes | Maybe | No* || Score:

I find the thought of a different sex partner particularly exciting.

Yes* | Maybe | No || Score:

I like to look at sexy pictures.

Yes* | Maybe | No || Score:

Sometimes sexual feelings overpower me.

Yes* | Maybe | No || Score:

I frequently fantasize about erotic situations.

Yes* | Maybe | No || Score:

I'd want to make love for hours with the right person.

Yes* | Maybe | No || Score:

Seeing a person nude doesn't interest me.

Yes | Maybe | No* || Score:

I believe in taking my pleasures where I find them.

Yes* | Maybe | No || Score:

I get very excited when touching the erotic parts of a partner.

Yes* | Maybe | No || Score:

It is alright to seduce a person who is old enough to know what they are doing.

Yes* | Maybe | No || Score:

I would enjoy watching my usual partner having intercourse with someone else.

Yes* | Maybe | No || Score:

Even though one is having regular intercourse, masturbation is good for a change.

Yes* | Maybe | No || Score:

Ideally, I would prefer to have a new sex partner every night.

Yes* | Maybe | No || Score:

I only get aroused at night - never in the daytime.

Yes | Maybe | No* || Score:

I am very keen on babies.

Yes* | Maybe | No || Score:

Most men are sex mad.

Yes | Maybe | No* || Score:

Group sex appeals to me.

Yes* | Maybe | No || Score:

The thought of an illicit relationship excites me.

Yes* | Maybe | No || Score:

It disturbs me to see explicit sex in films or TV.

Yes | Maybe | No* || Score:

I always make love in the nude.

Yes* | Maybe | No || Score:

Physical attraction is extremely important to me.

Yes* | Maybe | No || Score:

Genitals are aesthetically unpleasant.

Yes | Maybe | No* || Score:

I love making physical contact with people.

Yes* | Maybe | No || Score:

Sex leaves me unmoved.

Yes | Maybe | No* || Score:

Sex is over-rated.

Yes | Maybe | No* || Score:

I love to expose myself to my partner.

Yes* | Maybe | No || Score:

I find my partner's body endlessly fascinating.

Yes* | Maybe | No || Score:

I find sex degrading and animalistic.

Yes | Maybe | No* || Score:

Sex can be such a moving expression of love.

Yes* | Maybe | No || Score:

I'd like to make love more often.

Yes* | Maybe | No || Score:

ANALYSIS

Sexual libido (sex drive) is often correlated with quick sexual arousal, interest in visual explicitness and a liking for impersonal penetrative sex, which is rather a masculine view of the nature of sex and does not take account of the equally strong more feminine drive towards procreation, the aesthetic pleasure and eroticism of sex,

and the expression of intimacy through shared pleasure and contact. When partners are happy to contribute towards the fulfillment of each other's needs and desires, then compatibility is possible and male values complement female. This requires communication, honesty and empathy, which is why sex in the context of a loving relationship is so much more fulfilling.

Those with high scores may tend to regard the sex partner as a sex object and pay little attention to his or her personality and desires, and in particular to seek only sensual satisfaction rather than a meaningful personal relationship. Women tend to regard this form of sexual behavior as less attractive than do men; for a woman, eroticism tends to require more emotional commitment. A high scorer tends to value sexual pleasure above other aspects of a loving relationship. Extreme high scores suggest a compulsion for sexual outlet, in which case this may be a substitute

for a suppressed major unmet need (e.g. for love, belonging or intimacy); if this is not handled and a normal sexual expression is not possible then socially unacceptable means may be turned to.

Those with low scores are likely to have no impulse for voyeurism or exhibitionism,

a distaste for sexual explicitness and especially pornography and have no strong longing for the physical act of intercourse. They may find it hard to get sexually aroused, or conditions may have to be "just right", which implies there is not a compatible partner with whom empathy and intimacy is readily available. On the other hand, they may be looking for more spiritual qualities than being "good in bed" or the sex drive may have been satisfactorily sublimated into other creative activities.

How do you compare?

There are, it seems, archetypal (genetic, primitive-brain pattern) differences between

male and female, hence men and women in practice tend to have different attitudes towards sex and therefore a different norm on the questionnaire, though this is very much affected by cultural conditioning, painful or pleasurable experiences and of course conscious preference; this is not "how it should be" or necessarily is.

Sexuality is also affected by individual bio-rhythms, age and emotional tone; stress,

nervousness and tension, especially regarding the partner, are an immediate

destroyer of sexual feelings.

The norm on this trait is between 27-28 points (for men) and 21-22 points (for women) (statistical approximations). This may be represented on the following scales:

FOR MEN: High libido 42 41 40 39 38 37 36 35 34 32 31 30 29 28 || 27 26 25 24
23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 Low libido

FOR WOMEN: High libido 42 41 40 39 38 37 36 35 34 32 31 30 29 28 27 26 25
24 23 22 || 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 Low libido

D - SEXUALITY**Trait 2 - SEXUAL SATISFACTION**

All in all I am very satisfied with my sex life.

Yes* | Maybe | No || Score:

I have been deprived sexually.

Yes | Maybe | No* || Score:

I am sexually rather unattractive.

Yes | Maybe | No* || Score:

Sexual feelings are unpleasant to me.

Yes | Maybe | No* || Score:

Something is lacking in my sex life.

Yes | Maybe | No* || Score:

My love life has been disappointing.

Yes | Maybe | No* || Score:

I consciously try to keep sexual thoughts out of my mind.

Yes | Maybe | No* || Score:

I have felt guilty after sexual experiences.

Yes | Maybe | No* || Score:

At times I have been afraid of myself for what I might do sexually.

Yes | Maybe | No* || Score:

I have conflicts about my sexual feelings towards someone of my own sex.

Yes | Maybe | No* || Score:

I have strong sexual feelings but when I get the chance I can't seem to express myself.

Yes | Maybe | No* || Score:

My parents' influence has inhibited me sexually.

Yes | Maybe | No* || Score:

Thoughts about sex disturb me more than they should.

Yes | Maybe | No* || Score:

My conscience bothers me too much.

Yes | Maybe | No* || Score:

I feel nervous with the opposite sex.

Yes | Maybe | No* || Score:

I feel at ease with people of the opposite sex.

Yes* | Maybe | No || Score:

I don't like to be kissed.

Yes | Maybe | No* || Score:

I feel more comfortable when I am with people of my own sex.

Yes | Maybe | No* || Score:

I enjoy petting.

Yes* | Maybe | No || Score:

I worry a lot about sex.

Yes | Maybe | No* || Score:

I had some bad sexual experiences when I was young.

Yes | Maybe | No* || Score:

There are some things I do only to please my partner.

Yes | Maybe | No* || Score:

I don't always know for sure when I have had an orgasm.

Yes | Maybe | No* || Score:

My partner satisfies all my physical needs.

Yes* | Maybe | No || Score:

I enjoy pre-coital love play.

Yes* | Maybe | No || Score:

I find it easy to tell my partner what I like or don't like about our love-making.

Yes* | Maybe | No || Score:

No one has ever been able to satisfy me sexually.

Yes | Maybe | No* || Score:

I feel less sexually competent than my friends.

Yes | Maybe | No* || Score:

I am afraid of sexual relationships.

Yes | Maybe | No* || Score:

I wish that my partner would be more forthcoming sexually.

Yes | Maybe | No* || Score:

I can't stand people touching me.

Yes | Maybe | No* || Score:

I find "straight sex" unsatisfactory.

Yes | Maybe | No* || Score:

The need for birth control upsets my love-making because everything becomes so pre-planned and cold-blooded.

Yes | Maybe | No* || Score:

I or my partner frequently suffer from premature ejaculation.

Yes | Maybe | No* || Score:

I or my partner rarely reach orgasm during intercourse.

Yes | Maybe | No* || Score:

ANALYSIS

High scores indicate considerable fulfillment which is naturally for most people a very desirable state of affairs.

Those with low scores are likely to be dissatisfied with their sex lives and probably are quite unhappy about this, since the sex drive is such a basic part of our make-up.

Sexual inhibitions can cause a real sense of imbalance or dysfunction in one's life and

behavior, such as sexual shyness, prudishness and disgust. Low scorers tend to feel nervous with the opposite sex, embarrassed when talking about sex and sometimes afraid of sexual relationships altogether, e.g. in case they are inadequate or in case the partner behaves without empathy or in a way they disapprove of. A compulsion (a normal urge that becomes amplified when it is resisted) that cannot be normally satisfied, e.g. due to shyness or the partner's refusal, may lead to exhibitionism, voyeurism, or even enforced sex on unwilling participants.

Very often the cause is misinformation about the nature and value of sex (e.g. from parents, peers, media or religion) or bad experiences with others who were themselves neurotic or psychotic in this area. Another primary reason is a failure in communication between the partners.

A person's satisfaction with their sex life may be quite independent of his or her sexual appetite. Some couples may be quite fulfilled sexually without frequent active sex; this is more likely to be the case with older people.

How do you compare?

The norm on this trait is between 21-22 points (statistical approximation). This may be represented on the following scale:

Satisfaction 35 34 33 32 31 30 29 28 27 26 25 24 23 22 || 21 20 19 18 17 16 15 14
13 12 11 10 9 8 7 6 5 4 3 2 1 Dissatisfaction

D - SEXUALITY**Trait 3 - SEXUAL PERMISSIVENESS**

Virginity is a person's most valuable possession.

Yes | Maybe | No* || Score:

Masturbation is unhealthy.

Yes | Maybe | No* || Score:

It is disturbing to see kissing in public.

Yes | Maybe | No* || Score:

It wouldn't bother me if the person I married were not a virgin.

Yes* | Maybe | No || Score:

People of my own sex frequently attract me.

Yes* | Maybe | No || Score:

Children should be taught about sex.

Yes* | Maybe | No || Score:

I understand homosexuals.

Yes* | Maybe | No || Score:

One should not experiment with sex before marriage.

Yes | Maybe | No* || Score:

My religious beliefs are against sexual pleasure.

Yes | Maybe | No* || Score:

The contraceptive pill should be universally available.

Yes* | Maybe | No || Score:

Perverted thoughts have sometimes bothered me.

Yes | Maybe | No* || Score:

I am embarrassed to talk about sex.

Yes | Maybe | No* || Score:

Young people should learn about sex through their own experience.

Yes* | Maybe | No || Score:

Sex jokes disgust me.

Yes | Maybe | No* || Score:

Young people should be allowed out at night without being closely checked.

Yes* | Maybe | No* || Score:

A person should learn about sex by experimenting with new ways and ideas.

Yes* | Maybe | No || Score:

I would protect my child from seeing naked bodies.

Yes | Maybe | No* || Score:

I have been involved with more than one sexual affair at the same time.

Yes* | Maybe | No || Score:

Homosexuality is natural.

Yes* | Maybe | No || Score:

Pornography should be freely distributed amongst adults.

Yes* | Maybe | No || Score:

Prostitution should be legally permitted.

Yes* | Maybe | No || Score:

Decisions about abortion should be entirely the responsibility of the woman concerned.

Yes* | Maybe | No || Score:

There are too many immoral plays and films on TV.

Yes | Maybe | No* || Score:

Sexual permissiveness threatens to undermine the entire fabric of civilized society.

Yes | Maybe | No* || Score:

Sex should be used only for the purpose of reproduction, not for personal pleasure.

Yes | Maybe | No* || Score:

Sex play amongst young children is quite harmless.

Yes* | Maybe | No || Score:

The idea of wife swapping is extremely distasteful to me.

Yes | Maybe | No* || Score:

I love any kind of physical contact with other people.

Yes* | Maybe | No || Score:

People who attend strip-tease shows are sexually abnormal.

Yes | Maybe | No* || Score:

It would not disturb me over-much if my partner had sexual relations with someone else.

Yes* | Maybe | No || Score:

Some forms of love-making are disgusting and should be banned.

Yes | Maybe | No* || Score:

The thought of my partner being sexually attracted to another person is really upsetting.

Yes | Maybe | No* || Score:

I think whatever people want to do is OK as long as no one else is in any way hurt.

Yes* | Maybe | No || Score:

The Bible is the only true guide to what is right and proper on sexual issues.

Yes | Maybe | No* || Score:

ANALYSIS

A high score on this trait means that you have a modern, permissive attitude to sex and find irrelevant the old-fashioned Victorian ideas of what is "right and proper". You aren't bothered about virginity, favor pre-marital or even extra-marital sex, believe that birth control is a liberation and generally regard sex as a pleasurable activity that is nobody's concern but that of the "consenting adults" (or adolescents - possibly even children) involved.

A low score shows a person who takes sexual intercourse far more seriously, has regard for the marriage vows, is guided by religious dogma and is not in favor of "immorality" in any shape or form.

Fear of homosexuality, as with incest, is a very deep-bred, archetypal phenomena and of course contradicts the fact that human sexuality contains all shades of grey. Most people have noted themselves attracted to their own sex at some time, especially during adolescence when sexual identity and boundaries are being explored, and if this is resisted (to obey the cultural norm) it becomes a fixation and the source of inner conflict - the cause of a great deal of unnecessary suffering and neurosis.

Jealousy is another factor behind intolerance of sexual expression. Again (and like the territorial instinct) this is very deep-bred; the mating instinct causes one to fight off all potential takers of one's partner's attention and to distrust the partner's fidelity. In the case of a genuine relationship this would not be necessary and genuine affection cannot be enforced on another. Real love is unconditional and does not seek to control and manipulate the other.

How do you compare?

The norm on this trait is between 16-17 points (statistical approximation). This may be represented on the following scale:

Permissive 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 || 16 15 14
13 12 11 10 9 8 7 6 5 4 3 2 1 Restrictive

D - SEXUALITY

Trait 4 - SEXUAL STEREOTYPE

The opposite sex will respect you more if you are not too familiar with them.

Yes | Maybe | No* || Score:

Masturbation is unhealthy.

Yes | Maybe | No* || Score:

It is disturbing to see kissing in public.

Yes | Maybe | No* || Score:

It wouldn't bother me if the person I married were not a virgin.

Yes* | Maybe | No || Score:

People of my own sex frequently attract me.

Yes* | Maybe | No || Score:

I would never make love with someone who did not really love me.

Yes | Maybe | No* || Score:

There has to be dim lights and a romantic atmosphere to get me excited sexually.

Yes | Maybe | No* || Score:

I do not need to respect a person in order to enjoy intercourse.

Yes* | Maybe | No || Score:

I get along fine with homosexuals.

Yes | Maybe | No* || Score:

When I look at a person of the opposite sex I usually undress them in my mind.

Yes* | Maybe | No || Score:

I love to look at sex magazines when I have the chance.

Yes* | Maybe | No || Score:

A person in the nude is not necessarily sexy.

Yes | Maybe | No* || Score:

I think if you have the opportunity for sex it would be stupid not to take it.

Yes* | Maybe | No || Score:

If I had the chance to watch people making love without being seen, I would take it.

Yes* | Maybe | No || Score:

The dual standard of morality allowing men greater freedom is only right and natural.

Yes* | Maybe | No || Score:

Absolute faithfulness to one partner throughout life is as silly as celibacy.

Yes* | Maybe | No || Score:

I prefer to have intercourse under the bedcovers and with the light off.

Yes | Maybe | No* || Score:

Females do not have such strong sexual desires as males.

Yes* | Maybe | No || Score:

Masturbation is not much different than having sex.

Yes* | Maybe | No || Score:

Ideally it would be great to have lots of lovers.

Yes* | Maybe | No || Score:

I make lots of vocal noises during intercourse.

Yes | Maybe | No* || Score:

Sex is more exciting with a stranger.

Yes* | Maybe | No || Score:

A new born baby is incredibly beautiful.

Yes | Maybe | No* || Score:

Foreplay is boring and got over with as soon as possible.

Yes* | Maybe | No || Score:

Sex is not as important in a relationship as love and respect.

Yes | Maybe | No* || Score:

To me, psychological factors in my partner are more important than physical ones.

Yes | Maybe | No* || Score:

I prefer my partner to dictate the actions of making love.

Yes | Maybe | No* || Score:

Physical sex is the most important part of a relationship.

Yes* | Maybe | No || Score:

In a sexual union, tenderness is the most important quality.

Yes | Maybe | No* || Score:

Romantic love is just puerile illusion.

Yes* | Maybe | No || Score:

It is right that the man should be the dominant partner in a relationship.

Yes* | Maybe | No || Score:

Women often use sex to gain all sorts of advantages.

Yes* | Maybe | No || Score:

The reading of "girlie" magazines suggests failure to achieve a mature attitude to sex.

Yes | Maybe | No* || Score:

In matters of sex, women usually come off second best.

Yes | Maybe | No* || Score:

Most men don't have a clue about how to make love.

Yes | Maybe | No* || Score:

ANALYSIS

High scores indicate that the reader agrees with a stereotypical male point of view regarding sexual matters and disagrees with the typical female; low scores indicate the opposite. So one could be a male with a relatively feminine attitude towards sex or a female with a relatively masculine attitude; this is not necessarily connected with

homosexuality - it may just as likely be a more open-minded view of sex than the stereotype.

How do you compare?

The norm on this trait for men is between 24-25 points and for women is between 16-17 (statistical approximations). This may be represented on the following scales:

FOR MEN: Masculine attitude 35 34 33 32 31 30 29 28 27 26 25 || 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 Feminine attitude

FOR WOMEN: Masculine attitude 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 || 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 Feminine attitude

E - SOCIAL & POLITICAL ATTITUDES

Trait 1 - SOCIAL PERMISSIVENESS

More severe punishment of offenders will reduce crime .

Yes | Maybe | No* || Score:

Homosexuals are not abnormal and should never be treated as such.

Yes* | Maybe | No || Score:

There is no harm in traveling occasionally without a ticket, if you can get away with it.

Yes* | Maybe | No || Score:

People suffering from incurable diseases should have the choice of being painlessly put to death.

Yes* | Maybe | No || Score:

The laws against soft drugs like marijuana are too strict.

Yes* | Maybe | No || Score:

Life is so short that a man is justified in enjoying himself as much as he can.

Yes* | Maybe | No || Score:

Men and women have the right to find out whether they are suited before marriage, by living together.

Yes* | Maybe | No || Score:

Birth control, except when recommended by a doctor should always be illegal.

Yes | Maybe | No* || Score:

Children today need more discipline.

Yes | Maybe | No* || Score:

The "free and easy" way of teaching youngsters results in poor academic standards.

Yes | Maybe | No* || Score:

Permissiveness in our society has gone much too far.

Yes | Maybe | No* || Score:

The sight of young people in "punk" clothing is appalling.

Yes | Maybe | No* || Score:

Our treatment of criminals is counter-productive; we should try to help them, not punish them.

Yes* | Maybe | No || Score:

There is not enough self-discipline in today's youth.

Yes | Maybe | No* || Score:

Sex crimes such as rape and abuse of children deserve a worse punishment than mere imprisonment; flogging or castration would be appropriate.

Yes | Maybe | No* || Score:

The great increase in drug taking is another example of how our society is deteriorating.

Yes | Maybe | No* || Score:

The death penalty is barbaric and its abolition right and proper.

Yes* | Maybe | No || Score:

Most modern art is pretentious nonsense.

Yes | Maybe | No* || Score:

A person should be free to take his own life if he wishes to do so.

Yes* | Maybe | No || Score:

People should realize that their greatest obligation is to their wife and family.

Yes | Maybe | No* || Score:

Sex outside of marriage is always wrong.

Yes | Maybe | No* || Score:

Free love between men and women would be a very healthy thing.

Yes* | Maybe | No || Score:

The Internet should be censored before being allowed in the home.

Yes | Maybe | No* || Score:

It is wrong that women should have less sexual freedom than men in our society.

Yes* | Maybe | No || Score:

Teachers have no right to make any comment on political issues.

Yes | Maybe | No* || Score:

Censorship of any of the media should be completely abolished.

Yes* | Maybe | No* || Score:

Political protests should be strictly controlled by the police.

Yes | Maybe | No* || Score:

The laws of libel are an unnecessary restriction of free speech.

Yes* | Maybe | No || Score:

We should return to Victorian morality and teach it in our schools.

Yes | Maybe | No* || Score:

ANALYSIS

High scorers have favorable attitudes to sexual freedom, freedom of speech and non-conformists of all kinds. Generally, they adopt an easy-going, tolerant and hedonistic view of life with respect for the right of every person to be and do as they think fit. An extreme score would indicate little idea of the need for any maintenance of social order.

Low scorers disapprove of all these things and favor strict censorship, legal control of so-called vices and severe punishment for offenders. They have little respect for viewpoints that may threaten the status quo. They feel the need to control and manipulate in order to safeguard the rightness of their own identities.

How do you compare?

The norm on this trait is between 15-16 points (statistical approximation). This may be represented on the following scales:

Permissive 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13 12 11
10 9 8 7 6 5 4 3 2 1 Restrictive

E - SOCIAL & POLITICAL ATTITUDES

Trait 2 - RACISM

It would be best to keep foreign races in their own districts and schools in order to prevent too much contact with them.

Yes* | Maybe | No || Score:

The people of foreign countries should be left to fend for themselves.

Yes* | Maybe | No || Score:

It is obvious that some races are more civilized than others and therefore should lead the world community.

Yes* | Maybe | No || Score:

Charity towards third world countries is a waste of money.

Yes* | Maybe | No || Score:

People of a different color are innately inferior.

Yes* | Maybe | No || Score:

Jews are as valuable citizens as any other group.

Yes | Maybe | No* || Score:

It would be a mistake to have people in positions of power if they are of another race.

Yes* | Maybe | No || Score:

There is definitely no difference between races in basic intelligence.

Yes | Maybe | No* || Score:

Racial variety makes life more interesting and colorful, as each race makes a unique contribution to society.

Yes | Maybe | No* || Score:

We should not restrict immigration into this country as we have done in the past.

Yes | Maybe | No* || Score:

It is unfair that other races are often denied opportunities for good jobs and promotions.

Yes | Maybe | No* || Score:

Our nation is more democratic than any other nation.

Yes* | Maybe | No || Score:

Other races tend to be criminally inclined.

Yes* | Maybe | No || Score:

Any kind of racial discrimination should be illegal and subject to heavy penalties.

Yes | Maybe | No* || Score:

When it comes to the things that count, all races are certainly not equal.

Yes* | Maybe | No || Score:

I would never accept a job under the authority of a woman.

Yes* | Maybe | No || Score:

The age of retirement should be reduced to 55 to make way for younger blood in top positions.

Yes* | Maybe | No || Score:

Children should learn that before they reach maturity, their point of view is barely relevant.

Yes* | Maybe | No || Score:

The disabled should have every opportunity to lead as fulfilling a life as anyone else.

Yes | Maybe | No* || Score:

Women should know that their place is in the home.

Yes* | Maybe | No || Score:

Inter-racial marriage is always wrong.

Yes* | Maybe | No || Score:

If somebody has been unemployed for over a year then they are obviously good-for-nothing scroungers.

Yes* | Maybe | No || Score:

Racial purity is an ideal that I am proud to uphold.

Yes* | Maybe | No || Score:

Foreigners are OK but I think they belong in their own country, except for holidays.

Yes* | Maybe | No || Score:

ANALYSIS

High scorers are opposed to colored immigration, in favor of racial segregation within the country, believe that their own race is superior and that other races should be kept in their place and are generally antagonistic towards people of other races and nationalities. They are also likely to be sexist and ageist, i.e. very much stuck in the rightness of their own territory, sex, age, group, etc. and defensive of it.

Low scorers present the opposite pattern of attitudes, recognizing the essential worth of all persons, whatever their race, sex, age, ability, belief, inclination or circumstance.

How do you compare?

The norm on this trait is between 11-12 points (statistical approximation). This may be represented on the following scale:

Racist 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 || 11 10 9 8 7 6 5 4 3 2 1
Non-discriminating

E - SOCIAL & POLITICAL ATTITUDES

Trait 3 - BELIEF

There is no survival of any kind after death.

Yes | Maybe | No* || Score:

The Church should attempt to increase its influence on the life of the nation.

Yes* | Maybe | No || Score:

Most religious people are hypocrites.

Yes | Maybe | No* || Score:

The Church is the main force for good in the society.

Yes* | Maybe | No || Score:

Religious beliefs of all kinds are just superstition.

Yes | Maybe | No* || Score:

The Universe was created by God.

Yes* | Maybe | No || Score:

The idea of god is an invention of the human mind.

Yes | Maybe | No* || Score:

The average man can lead a good life without religion.

Yes | Maybe | No* || Score:

We should believe without question all that we are taught by the Church.

Yes* | Maybe | No || Score:

Sunday observance is old-fashioned and should cease to govern our behavior.

Yes | Maybe | No* || Score:

My religion is the only true religion.

Yes* | Maybe | No || Score:

There are no such things as "supernatural powers".

Yes | Maybe | No* || Score:

Religions have done more harm in the course of history than they have done good.

Yes | Maybe | No* || Score:

I believe in reincarnation and that what happened to me in past lives affects the way I am today.

Yes* | Maybe | No || Score:

The paranormal is ignored by science because it threatens their vested interests.

Yes* | Maybe | No || Score:

I believe in UFOs.

Yes* | Maybe | No || Score:

I believe in the coming New Age of the next millennium.

Yes* | Maybe | No || Score:

I regularly read my star sign in the papers.

Yes* | Maybe | No || Score:

I believe it is possible, at least for psychics, to communicate to the dead and to foretell the future.

Yes* | Maybe | No || Score:

Telepathy is a commonplace occurrence.

Yes* | Maybe | No || Score:

I don't believe anything I read in the papers.

Yes | Maybe | No* || Score:

I believe there is evidence of a global conspiracy by international bankers.

Yes* | Maybe | No || Score:

I believe only what I can see in front of my eyes or touch with my hands.

Yes | Maybe | No* || Score:

Most beliefs are fixed ideas which prevent you from perceiving the real truth.

Yes | Maybe | No* || Score:

ANALYSIS

High scorers are submissive and suggestible and happy to accept answers on a plate

- they may readily accept those from a socially accepted authority like the Church, particularly if the new belief gives another source than themselves with responsibility

for their condition. If disillusioned by that source, they will be quick to believe in an alternative scenario without much or any personal evidence to back it up.

Low scorers are skeptical and more inclined to decide for themselves what to think based on their own logic, observation and information gathering. They may, however, be failing to recognize the right-brained way of knowing that is intuitive by nature (and the only way to perceive spiritual matters), or they may simply not be interested.

How do you compare?

The norm on this trait is between 15-16 points (statistical approximation). This may

be represented on the following scale:

Believer 26 25 24 23 22 21 20 19 18 17 16 || 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1
Non-believer

E - SOCIAL & POLITICAL ATTITUDES

Trait 4 - SOCIALISM/CAPITALISM

No one should be allowed to buy privileges in education or medical care for his family.

Yes* | Maybe | No || Score:

There is no such thing as a "class struggle" in this country today.

Yes | Maybe | No* || Score:

Too much is paid in tax by people with high incomes.

Yes | Maybe | No* || Score:

The government is gradually taking away our basic freedom.

Yes | Maybe | No* || Score:

True democracy is limited in this country because of the special privileges enjoyed by business and industry.

Yes* | Maybe | No || Score:

It is clearly unfair that some people should inherit a large sum and get income from it without working.

Yes* | Maybe | No || Score:

It is just as well that the struggle of life tends to weed out those who cannot stand the pace.

Yes | Maybe | No* || Score:

Most labor troubles are due to the work of radical agitators.

Yes | Maybe | No* || Score:

The government is spending too much money on welfare, health and education.

Yes | Maybe | No* || Score:

Capitalism has worked well in this country and should not be changed.

Yes | Maybe | No* || Score:

"Free enterprise" is another way of saying "exploitation of the workers".

Yes* | Maybe | No || Score:

Industrial depressions can be prevented by proper government planning

Yes* | Maybe | No || Score:

Ultimately private property should be abolished and all wealth shared equally.

Yes* | Maybe | No || Score:

An international government would be a liability.

Yes | Maybe | No* || Score:

Speculators and banking institutions have been responsible for our economic difficulties.

Yes* | Maybe | No || Score:

Strikes should be made illegal.

Yes | Maybe | No* || Score:

Royalty and aristocracy encourage snobbishness and elitism and are not compatible with democracy.

Yes* | Maybe | No || Score:

In disputes between workers and employers, I usually side with the workers.

Yes* | Maybe | No || Score:

I believe it is possible, at least for psychics, to communicate to the dead and to foretell the future.

Yes* | Maybe | No || Score:

Telepathy is a commonplace occurrence.

Yes* | Maybe | No || Score:

I don't believe anything I read in the papers.

Yes | Maybe | No* || Score:

I believe there is evidence of a global conspiracy by international bankers.

Yes* | Maybe | No || Score:

In practice, the rich and the poor are not equal before the law.

Yes* | Maybe | No* || Score:

Equal pay for equal work is long overdue; present arrangements are unfair for women workers.

Yes* | Maybe | No || Score:

There exists a class of people whose family background and traditions make them most fitted to lead the country.

Yes | Maybe | No* || Score:

No country can be called civilized that does not have a national health service paid by the taxes.

Yes* | Maybe | No || Score:

Most politicians have been bought off by private interests.

Yes* | Maybe | No || Score:

In this country it is big business that controls the state, not the people.

Yes* | Maybe | No || Score:

Control of inflation is a higher priority than a low rate of unemployment.

Yes | Maybe | No* || Score:

The welfare system gives too much help to people who refuse to do a proper day's work.

Yes | Maybe | No* || Score:

It will always be preferable to have a few strong, able people running everything.

Yes | Maybe | No* || Score:

Private profit is the main motive for hard work.

Yes | Maybe | No* || Score:

In capitalist countries there is an inevitable conflict between workers and employers.

Yes* | Maybe | No || Score:

Wealth should be distributed much more fairly than it is at present.

Yes* | Maybe | No || Score:

The so-called underdog deserves little sympathy or help from successful people.

Yes | Maybe | No* || Score:

In this country the most able rise to the top.

Yes | Maybe | No* || Score:

A firm should produce what is most profitable, not what the government believes to be in the national interest.

Yes | Maybe | No* || Score:

The practical man is of more use to society than the thinker.

Yes* | Maybe | No || Score:

Poverty, mental illness and other problems are a responsibility for the whole community.

Yes* | Maybe | No || Score:

Capitalism is immoral because it exploits the worker by failing to give him full value for his productive labor.

Yes* | Maybe | No || Score:

The welfare system tends to destroy individual initiative.

Yes | Maybe | No* || Score:

On the whole, workers in this country are treated fairly by their employers.

Yes | Maybe | No* || Score:

The nationalization of major industries is likely to lead to inefficiency, bureaucracy and stagnation.

Yes | Maybe | No* || Score:

Business compassion is necessary for technical progress and an expanding economy.

Yes | Maybe | No* || Score:

Most strikes are caused by bad management.

Yes* | Maybe | No || Score:

We ought to have a world government to guarantee the welfare of all nations irrespective of the rights of any nation.

Yes* | Maybe | No || Score:

Economic security for all is counter to the ethos of capitalism.

Yes* | Maybe | No || Score:

Workers should have a say in the running of businesses in which they are employed.

Yes* | Maybe | No || Score:

Democracy depends fundamentally on the existence of free business enterprise.

Yes | Maybe | No* || Score:

The government must ensure above everything else that unemployment is kept very low.

Yes* | Maybe | No || Score:

A national health service does not give doctors the opportunity to do their best for their patients.

Yes* | Maybe | No || Score:

ANALYSIS

High scorers have a socialist outlook, with sympathy towards working people and resentment towards those who receive unearned income or excessive profits; they favor internationalism and the redistribution of wealth.

Low scorers have a capitalist orientation: a belief that talent and enterprise (as opposed to just hard work) should be especially rewarded, that private enterprise is more efficient than government control and that worker power is a threat to order and profits.

In the context of the other Traits in this Category, socialists tend to be radical and progressive; conservatives favor a traditional viewpoint on most matters and a capitalist economic system.

A tough-minded (mastery-oriented) conservative may tend towards fascism and racism. On the radical side, a tough-minded socialist may tend towards communism; a very permissive radical may tend towards anarchy.

Between these extremes are the majority of people, at least in Western democracies, with a range between Republican/Tory right-wing politics (tending to be religious); Democrats/Liberals in the centre; and in Europe, Socialists/Labour on the left (with both the centre and left tending to pacifism and environmental concerns).

How do you compare?

The norm on this trait is between 23-24 points (statistical approximation). This may be represented on the following scale:

Socialist 50 49 48 47 46 45 44 43 42 41 40 39 38 37 36 35 34 32 31 30 29 28 27
26 25 24 || 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 Capitalist

E - SOCIAL & POLITICAL ATTITUDES

Trait 5 - LIBERTARIANISM

The minority should be free to criticize majority decisions.

Yes* | Maybe | No || Score:

No one should be allowed to buy substances that have not received approval from the FDA.

Yes | Maybe | No* || Score:

There should be no restrictions on travel anywhere in the world.

Yes* | Maybe | No || Score:

We'd be better off without any government at all.

Yes* | Maybe | No || Score:

A group which allows too many differences of opinion amongst its members cannot achieve anything worthwhile.

Yes | Maybe | No* || Score:

A classless society is impossible.

Yes | Maybe | No* || Score:

Production and trade should be free from government interference.

Yes* | Maybe | No || Score:

An impartial body should fix the wages of workers and control prices.

Yes | Maybe | No* || Score:

Political extremists have the right to express their beliefs.

Yes* | Maybe | No || Score:

It is wrong to criticize a person for supporting the policy of another country

against his own.

Yes* | Maybe | No || Score:

The major financial institutions dominate government policy in their own interest.

Yes* | Maybe | No || Score:

Most politicians have a hidden agenda that is quite different from their public statements.

Yes* | Maybe | No || Score:

Social planning leads to regimentation.

Yes* | Maybe | No || Score:

We should recognize that we have duties to society as well as rights.

Yes | Maybe | No* || Score:

I would hate to live in a regulated environment such as in the armed forces.

Yes* | Maybe | No || Score:

Communists should not be allowed to hold jobs in government service.

Yes | Maybe | No* || Score:

We spend too little money on foreign aid.

Yes* | Maybe | No || Score:

The police should have the right to listen in on private telephone conversations when investigating crime.

Yes | Maybe | No* || Score:

Even though the masses appear to behave stupidly at times, that is a reflection of their leaders; taken individually, I have a lot of faith in the common sense of the ordinary man.

Yes* | Maybe | No || Score:

The maintenance of order within the nation is more important than ensuring that everybody's rights are upheld.

Yes | Maybe | No* || Score:

Nowadays, more and more officials are prying into matters which do not concern them.

Yes* | Maybe | No || Score:

I am just as concerned about the breakdown of human rights in other countries as if it happened here at home.

Yes* | Maybe | No || Score:

Freedom of information is of fundamental importance.

Yes* | Maybe | No || Score:

Many peoples' lives amount to little more than legalized slavery, whether in the workplace or at home.

Yes* | Maybe | No || Score:

Government nowadays is too centralized.

Yes* | Maybe | No || Score:

The school leaving age should be raised as high as funds permit, whether young people want to stay on at school or not.

Yes | Maybe | No* || Score:

The nation exists for the benefit of the individual, not the individual for the benefit of the nation.

Yes* | Maybe | No || Score:

ANALYSIS

High scorers place great value on freedom of the individual and the protection of human rights. They are opposed to interference in their lives from the State, for which they have limited respect. In extreme this would be an anarchist or someone who has a button on accepting any kind of authority, even if it is imposing sensible order.

Low scorers favor regulation of both business and many aspects of individual behavior. They also tend to place a high value on patriotism and loyalty to the State, because they are comforted by a powerful body - that knows best - taking full responsibility.

How do you compare?

The norm on this trait is between 11-12 points (statistical approximation). This may be represented on the following scale:

Libertarianism 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 || 11 10 9 8 7 6 5
4 3 2 1 Regimentation

E - SOCIAL & POLITICAL ATTITUDES

Trait 6 - REACTIONISM

Few people really know what would be best for their long-term interest.

Yes* | Maybe | No || Score:

It is only by returning to our glorious and forgotten past that real social progress can be made.

Yes* | Maybe | No* || Score:

Criminal violence should be punished more severely than by mere imprisonment.

Yes* | Maybe | No || Score:

To compromise with our political opponents is dangerous because it usually leads to letting down our own side.

Yes* | Maybe | No || Score:

Life in the old days used to be much more pleasant than it is now.

Yes* | Maybe | No || Score:

Avant-garde artists are in no way inferior to past masters.

Yes | Maybe | No* || Score:

Today's revolutionaries and protesters show unrest because the old ways have failed .

Yes | Maybe | No* || Score:

The greatest threats to this country have come from foreign ideas and agitators.

Yes* | Maybe | No || Score:

It is better to stick with what you know than to try new ideas that are untested and may cause more problems.

Yes* | Maybe | No || Score:

Tradition has too big an influence in this country.

Yes | Maybe | No* || Score:

The best of modern popular music is better than the old-fashioned music of years ago.

Yes | Maybe | No* || Score:

Most politicians have a hidden agenda that is quite different from their public statements

Yes* | Maybe | No || Score:

Social planning leads to regimentation.

Yes* | Maybe | No || Score:

We should recognize that we have duties to society as well as rights.

Yes | Maybe | No* || Score:

Easy access to divorce is a threat to the institution of marriage and this trend should be reversed.

Yes* | Maybe | No || Score:

The Constitution of our great country should never be questioned.

Yes* | Maybe | No || Score:

Most modern art is pretentious nonsense.

Yes* | Maybe | No || Score:

If you start trying to change things much, you usually make things worse.

Yes | Maybe | No* || Score:

Even though the masses appear to behave stupidly at times, that is a reflection of their leaders; taken individually, I have a lot of faith in the common sense of the

ordinary man.

Yes* | Maybe | No || Score:

The maintenance of order within the nation is more important than ensuring that everybody's rights are upheld.

Yes | Maybe | No* || Score:

Nowadays, more and more officials are prying into matters which do not concern them.

Yes* | Maybe | No || Score:

Scientific inventions have carried us too far too fast; we should be given a resting pause now.

Yes* | Maybe | No || Score:

It is always a good idea to look for new ways of doing things.

Yes | Maybe | No* || Score:

This country should ensure that none of its independence and power is ever lost.

Yes* | Maybe | No || Score:

Things were much better when it was understood that the place for a woman is in the home.

Yes* | Maybe | No || Score:

Morals in this country are pretty bad and getting worse.

Yes* | Maybe | No || Score:

It seems to me that whoever you vote for, things go on much the same.

Yes* | Maybe | No || Score:

ANALYSIS

People are labeled "reactionary" if they resist change to a new order of things - but then they may be right! High scorers tend to be disturbed by what they see as moral decay in society. They show strong support for traditional institutions and look to the past for their model of life.

Low scorers are progressive thinkers, open to new ideas and future-oriented. They think that life is getting better - but then they may just be following the tide or latest fashion.

This scale has fairly high correlation with age.

How do you compare?

The norm on this trait is between 16-17 points (statistical approximation). This may be represented on the following scale:

Reactionary 27 26 25 24 23 22 21 20 19 18 17 || 16 15 14 13 12 11 10 9 8 7 6 5 4
3 2 1 Progressive

E - SOCIAL & POLITICAL ATTITUDES

Trait 7 - PACIFISM

We should stop trying to play a role in the world that is beyond our strength.

Yes* | Maybe | No || Score:

The best way to deal with an antagonistic person is to stay calm and listen to what they have to say.

Yes* | Maybe | No || Score:

It is only by returning to our glorious and forgotten past that real social progress can be made.

Yes* | Maybe | No* || Score:

Criminal violence should be punished more severely than by mere imprisonment.

Yes* | Maybe | No || Score:

To compromise with our political opponents is dangerous because it usually leads to letting down our own side.

Yes* | Maybe | No || Score:

War can never be justified, even to protect our national rights and honor.

Yes* | Maybe | No || Score:

Hunting is sadistic and cruel, and should therefore be forbidden.

Yes* | Maybe | No || Score:

There have been times when I would have liked to kill someone.

Yes | Maybe | No* || Score:

Compulsory military training in peace-time is necessary for the security of this country.

Yes | Maybe | No* || Score:

The evils of war are greater than any perceivable benefits.

Yes* | Maybe | No || Score:

It is inherent in human nature to fight for and protect one's territory, so it would be harmful to suppress that natural drive.

Yes | Maybe | No* || Score:

If someone insulted me, I'd likely punch them out.

Yes | Maybe | No* || Score:

Our political leaders should be doing a great deal more to help resolve the conflicts occurring around the world.

Yes* | Maybe | No || Score:

We spend too little on our armed forces.

Yes | Maybe | No* || Score:

The United Nations organization is useless and does not deserve our support.

Yes | Maybe | No* || Score:

Boxing is a travesty of a sport.

Yes* | Maybe | No || Score:

We have never, as a nation, fought an unjust war.

Yes | Maybe | No* || Score:

Occupation by a foreign power is better than involvement in war.

Yes* | Maybe | No || Score:

If someone was lying collapsed on the pavement, I'd see if I could help.

Yes* | Maybe | No || Score:

The dropping of the first atom bomb on a Japanese city, killing thousands of innocent civilians, was morally wrong and indefensible.

Yes* | Maybe | No || Score:

Conscientious objectors are traitors to their country and should be treated accordingly.

Yes | Maybe | No* || Score:

The private manufacture of arms and ammunition and the holding of private weapons should be outlawed.

Yes* | Maybe | No || Score:

Capital punishment should be reintroduced in all States.

Yes | Maybe | No* || Score:

Corporal punishment in schools is an ideal way to teach children what is right and wrong.

Yes | Maybe | No* || Score:

I would never deliberately tread on an insect.

Yes* | Maybe | No || Score:

If someone broke into my house I wouldn't hesitate to shoot them.

Yes | Maybe | No* || Score:

ANALYSIS

High scorers believe there is no justification for war; they would prefer a policy of non-violence whatever the outcome might be - indeed they may think a Gandhi-like policy would ultimately be more effective. Being gentle, humane and empathetic, they are repulsed by all violence. Generally speaking, women tend to be more peaceful than men.

Low scorers favor the maintenance of military strength and an aggressive policy

towards potential enemies or anyone who they consider needs teaching a lesson. They believe that violent aggression is inherent in human nature, that all persons have the right to carry arms and that the willingness to apply force is a reflection of their manliness and courage.

How do you compare?

The norm on this trait is between 10-11 points (statistical approximation). This may be represented on the following scale:

Pacifism 25 24 23 22 20 19 18 17 16 15 14 13 12 11 || 10 9 8 7 6 5 4 3 2 1
Militarism

APPENDIX

The EPQ (Eysenck Personality Questionnaire)

Prof. Eysenck's theory is based primarily on physiology and genetics. Although he was a behaviorist who considered learned habits of great importance, he considers personality differences as growing out of our genetic inheritance. He is, therefore, primarily interested in what is usually called temperament.

Temperament is that aspect of our personalities that is genetically based, inborn, there from birth or even before. That does not mean that a temperament theory says we don't also have aspects of our personality that are learned, it's just that Eysenck focused on "nature," and left "nurture" to other theorists.

Eysenck initially conceptualized personality as two, biologically-based categories of temperament:

Extraversion/Introversion

Extraversion is characterized by being outgoing, talkative, high on positive affect (feeling good), and in need of external stimulation. According to Eysenck's arousal theory of extraversion, there is an optimal level of cortical arousal, and performance deteriorates as one becomes more or less aroused than this optimal level. Arousal can be measured by skin conductance, brain waves or sweating. At very low and very high levels of arousal, performance is low, but at a more optimal mid-level of arousal, performance is maximized. Extraverts, according to Eysenck's theory, are chronically under-aroused and bored and are therefore in need of external stimulation to bring them up to an optimal level of performance. Introverts, on the other hand, are chronically over-aroused and jittery and are therefore in need of peace and quiet to bring them up to an optimal level of performance.

This temperament corresponds with Category A (Extraversion/Introversion) in the Know Your Own Mind questionnaire.

Neuroticism/Stability

Neuroticism or emotionality is characterized by high levels of negative affect such as depression and anxiety. Neuroticism, according to Eysenck's theory, is based on activation thresholds in the sympathetic nervous system or visceral brain. This is the part of the brain that is responsible for the fight-or-flight response in the face of danger. Activation can be measured by heart rate, blood pressure, cold hands, sweating and muscular tension (especially in the forehead). Neurotic people, who have low activation thresholds, and unable to inhibit or control their emotional reactions, experience negative affect (fight-or-flight) in the face of very minor stressors - they are easily nervous or upset. Emotionally stable people, who have high activation thresholds and good emotional control, experience negative affect

only in the face of very major stressors - they are calm and collected under pressure.

This temperament corresponds with Category B (Emotional Stability) in the questionnaire.

The two dimensions or axes, extraversion-introversion and emotional stability-instability, define four quadrants. These are made up of:

- **stable extraverts (sanguine** qualities such as - outgoing, talkative, responsive, easygoing, lively, carefree, leadership)
- **unstable extraverts (choleric** qualities such as - touchy, restless, excitable, changeable, impulsive, irresponsible)
- **stable introverts (phlegmatic** qualities such as - calm, even-tempered, reliable, controlled, peaceful, thoughtful, careful, passive)
- **unstable introverts (melancholic** qualities such as - quiet, reserved, pessimistic, sober, rigid, anxious, moody).

Further research demonstrated the need for a third category of temperament:

Psychoticism/Socialization

Psychoticism is associated not only with the liability to have a psychotic episode (or break with reality), but also with aggression. Psychotic behavior is rooted in the characteristics of tough-mindedness, non-conformity, inconsideration, recklessness, hostility, anger and impulsivity. The physiological basis suggested by Eysenck for psychoticism is testosterone, with higher levels of psychoticism associated with higher levels of testosterone.

This temperament corresponds with Category C (Mastery/Sympathy) in the questionnaire.

The following table describes the traits that are associated with the three temperaments in Eysenck's model of personality:

Psychoticism	Extraversion	Neuroticism
Aggressive	Sociable	Anxious
Assertive	Irresponsible	Depressed
Egocentric	Dominant	Guilt Feelings
Unsympathetic	Lack of reflection	Low self-esteem
Manipulative	Sensation-seeking	Tense
Achievement-oriented	Impulsive	Moody
Dogmatic	Risk-taking	Hypochondriac
Masculine	Expressive	Lack of autonomy
Tough-minded	Active	Obsessive

The further Categories included in questionnaire are not fundamental temperaments but during the exhaustive testing of personality that Eysenck conducted, he also looked into the areas of sexuality and political attitudes that of course play a major part in our lives, and determined norms of behavior and viewpoint with his usual statistical thoroughness.

Biography

Hans Eysenck was born in Germany on March 4, 1916. His parents were actors who divorced when he was only two, and so Hans was raised by his grandmother. He left there when he was 18 years old, when the Nazis came to power. As an active Jewish sympathizer, his life was in danger.

In England, he continued his education, and received his Ph.D. in Psychology from the University of London in 1940. During World War II, he served as a psychologist at an emergency hospital, where he did research on the reliability of psychiatric diagnoses. The results led him to a life-long antagonism to main-stream clinical psychology.

After the war, he taught at the University of London, as well as serving as the director of the psychology department of the Institute of Psychiatry, associated with Bethlehem Royal Hospital. He has written 75 books and some 700 articles, making him one of the most prolific writers in psychology. Eysenck retired in 1983 and continued to write until his death on September 4, 1997.

Eysenck's theory remains influential; before his death in 1997, he was the most cited living psychologist, and he is the third most cited psychologist of all time, after Freud and Piaget.

APPENDIX 2

Interpretation of overall results

It may be that you score higher than the norm in some extravert traits and at the same time higher in some introvert traits. That's to be expected; many people are ambivert - in some circumstances extraverted and in others introverted, depending on their needs and corresponding fears, and other factors like conditioning. But one moves into the type of person that may be described as "extravert" or "introvert" if that way of being becomes dominant. At what level does one consider it to be dominant?

Extraversion is dominant if there are high levels of activity, sociability, risk-taking, expressiveness, and can become neurotically so if there are also high levels of impulsiveness, lack of reflection and lack of responsibility, or if risk-taking is very high.

Introversion is dominant if there are high levels of responsibility, high reflection, low impulsiveness, low risk-taking, and can become problematic if there are low levels of activity, sociability and expressiveness, or if impulsiveness and risk-taking are very low.

I offer here a brief outline of how to interpret the scores in response to a reader's question:

I'm currently at college studying Sports Science. As I have a real interest in psychology, I am doing a research project on personality and playing positions in netball teams. In order to gather my relevant information from each netball player I shall be using Eysenck's Personality Questionnaire. I have one main problem, I do not know how to interpret the results.

These are the qualities of people who are extraverted but a bit on the unstable side:
Active, optimistic, impulsive, changeable, excitable
 And more unstable: aggressive, restless, touchy

These are the qualities of people who are extraverted but also more stable than normal:
Sociable, outgoing, talkative, **responsive**, easygoing, **lively**, carefree, **leader**

These are the qualities of people who are introverted but a bit on the unstable side:
 Quiet, unsociable, reserved, pessimistic, sober, rigid, anxious, moody

These are the qualities of people who are introverted but also more stable than usual:
 Passive, **careful, thoughtful**, peaceful, **controlled, reliable, even-tempered, calm**

Extraversion tends to go with: more **active, sociable, risk-taking**, impulsive, **expressive**, tending to lack reflection and tending towards irresponsibility.

Emotional instability tends to go with: less self-esteem, unhappiness, anxiety, obsessiveness, less self-directed (autonomy), may be hypochondriac, tendency to dwell on guilt and so on.

These dimensions are dealt with on the EPI (Eysenck Personality Inventory). The EPQ (Eysenck Personality Questionnaire) includes the dimension or temperament of 'tough-mindedness' (somewhat independent of the two previous temperaments of extraversion and emotional stability) which has these qualities:

Aggressiveness, assertiveness, achievement orientation, manipulation, sensation-seeking, dogmatism, masculinity.

Of course people don't fit into little pigeon holes quite like that. In some areas of life, a person may be shy and introverted (where fears and past bad experiences cause barriers) and in other areas the person may be more confident and outgoing (where maybe the person has done better in the past, perhaps connected with talents in that area or support). Or a person might be quite stable normally but in some circumstances his or her 'buttons' easily get pushed and the person may get uncharacteristically distressed or angry. Bear in mind that in the context of playing netball a person may have a rather different personality than in other areas of her life.

I marked the qualities in **bold** above that seem to me most desirable for a participant in a netball team. In general, emotional stability is the biggest plus as all the emotionally unstable qualities are not much help in the team. Extraverted and moderately unstable is OK nevertheless.

Regarding positions, as you say, the forward positions probably are best filled with the more extravert persons (who will take risks and look for chances) and the defensive positions with the more introvert (who will stay calm and take the defensive duties seriously) but also reasonably tough-minded.

A person is better to edge on the side of tough-minded, but not too much as that temperament edges into psychoticism (you don't want psychos on your team!) - but you don't want weak-willed people either, when the going gets difficult.