

## DIRECTIONS

## Appendix - J

The inventory is designed to evaluate the strength of temperament. If you follow the directions given, a score which describes you can be obtained. You are to select the statements best describe you.

Read through the statements quickly. Then go back and choose statements that are most like you, the ones that describe you best. For these statements, underline the answer space marked L (like) beside the statement. Next choose the statements that are most unlike you, or most different from you. For these statements, underline the answer space marked D (different) beside the statement.

A sample set is given below. In the example, the person has marked statements 2, 4, 6, 8 and 10 as the three which are most like him and he has marked statements 1, 3, 4, 5, 7 and 9 as the five most different from him (or least like him).

Read carefully and answer thoughtfully, but don't spend too much time on any one item. Give your first reaction as to what is like you and different from you.

There is no fixed time limit on this inventory, but work steadily and make your choices as quickly as you can.

## EXAMPLE

- |  |   |   |
|--|---|---|
| 1. The program you watch most regularly on television is a news broadcast. | L | D |
| 2. You are likely to keep people waiting for you.                          | L | D |
| 3. Nothing seems to work out quite right for you.                          | L | D |
| 4. You often seem to be given the 'dirty' job to do.                       | L | D |
| 5. You would rather read a history book than a novel.                      | L | D |
| 6. You are usually "on the go".  | L | D |
| 7. You tend to "blow up" in an emergency.                                  | L | D |
| 8. You look forward to the years ahead.                                    | L | D |
| 9. You usually plan things well in advance.                                | L | D |
| 10. You generally find other people enjoyable.                             | L | D |

Please read and answer the following :

1. You are cheerful most of the time. L D
2. You usually feel you have done the right thing. L D
3. It takes a lot to get you down. L D
4. You find it easy to relax. L D
5. You tend to take things more personally that do most people. L D
6. You often find yourself getting tense or anxious. L D
7. You worry a good deal. L D
8. You worry a good deal about what you are going to say to people. L D
9. You sometimes feel depressed for no good reason. L D
10. You often seem to say the wrong thing. L D
11. Many of your problems seem to have no good solution. L D
12. When something goes wrong your whole day is usually spoiled. L D
13. You are easily upset by criticism. L D
14. You can't easily forget about your troubles. L D
15. You find it hard to forget unpleasant things you have seen or read about. L D
16. You take most things too seriously. L D
17. You find it easy to shake off the "blues". L D
18. You do not easily forget a social blunder you have made. L D

19. You usually get over any upset quickly. L D
20. You pretty much take life in your stride. L D