

## Your Temperament Scale

By answering the following questions for yourself, you can increase your understanding of your own temperament.

- 1. Activity Level.** How much do you need to move around during the day? Can you sit through a long meeting without wiggling?  
High Activity      1      2      3      4      5      Low Activity
- 2. Regularity.** How regular are you in your eating, sleeping and elimination habits?  
Regular              1      2      3      4      5      Irregular
- 3. Adaptability.** How quickly do you adapt to a change in schedule or routine, a new place or foods?  
Adapt Quickly      1      2      3      4      5      Slow to Adapt
- 4. Approach/Withdrawal.** How do you react the first time to new people, new places, new activities or new tools?  
Initial Approach    1      2      3      4      5      Initial Withdrawal
- 5. Physical Sensitivity.** How aware are you of slight differences in noise level, temperature, or touch?  
Not Sensitive        1      2      3      4      5      Very Sensitive
- 6. Intensity of Reaction.** How strong are your reactions?  
High Intensity       1      2      3      4      5      Mild Reaction
- 7. Distractibility.** Are you easily distracted?  
Very Distractible   1      2      3      4      5      Not Distractible
- 8. Positive or Negative Mood.** How much of the time do you show pleasant, joyful behavior compared to unpleasant or grouchy moods?  
Positive Mood        1      2      3      4      5      Negative Mood
- 9. Persistence.** How long will you continue with a difficult task?  
Long Attention Span 1      2      3      4      5      Short Attention Span

Now go back and with a different color pen and answer the questions for your spouse or for one of your children.

## Charting Your Temperament

Use the following chart to transfer your scores on the Temperament Scale. Then in a different color pen, you can chart another family member's temperament. Notice on what traits you are similar to that person and on what traits you are different. Knowing these differences, think about how you might better relate to that person while being sensitive to their tendencies. How do you complement one another?

<b>CHART OF TEMPERAMENT TRAITS</b>									
	Low Activity	Irregularity	Slow To Adapt	Withdraws	High Sensitivity	Mild Reaction	Low Dis-tractibility	Negative Mood	Low Persistence
5									
4									
3									
2									
1	High Activity	Regularity	Adapts Quickly	Approaches	Low Sensitivity	High Intensity	High Dis-tractibility	Positive Mood	High Persistence
	Activity Level	Regularity	Adaptability	Approach Withdraw	Sensitivity	Intensity Of Reaction	Distracti-bility	Mood	Persistence

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