

# General Impressions of Your Temperament

## 1. Sensitivity

Are you sensitive to noises, temperature changes, lights, taste of foods, or the texture of things?  
Do you react easily to loud noise? Particular about how clothing feels? Or do things just roll off her back?

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1	2	3	4	5
low sensitivity				high sensitivity

## 2. Activity

Do you have lots of energy, and are you always on the go? Do you have trouble sitting still? Or can you spend time in activities that don't require much moving and talking?

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1	2	3	4	5
low activity				high activity

## 3. Intensity

Do you have strong dramatic reactions? Are you expressive with feelings and passionate about things, or more reserved, mellow, and sometimes hard to read?

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1	2	3	4	5
low intensity				high intensity

## 4. Adaptability

Do you adapt quickly to changes, places, and expectations? Is it difficult for you when there is a new routine or schedule? Do you have trouble when it's time to start or stop an activity?

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1	2	3	4	5
fast adapting				slow adapting

## 5. Mood

Are you usually happy and in a good mood versus feeling negative or serious?

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1	2	3	4	5
usually positive				negative or serious

## 6. Approach /Withdrawal

What is your first and usual reaction to new people, situations, ideas, or places?

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1	2	3	4	5
outgoing				cautious/slow-to-warm-up

## 7. Persistence

Do you stick with things even when frustrated or tired or do you give up easily? (Length of time you will continue to make an effort).

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1	2	3	4	5
gets "locked in" persistent				can stop not persistent

## 8. Regularity

Do you normally eat, sleep, wake up, eliminate at the same time each day? Are you more of the orderly or disorderly type?

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1	2	3	4	5
regular, orderly				irregular, disorderly

## 9. Distractibility

Are you aware and easily distracted by noises and people? Do you consider yourself perceptive of the many things going on around you? Do you forget to do what you said when something else catches your attention? Can you focus on most tasks without being easily distracted?

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1	2	3	4	5
easily distracted				not easily distracted