Running Head: THE EFFECT OF TEMPERAMENT: LESBIAN IDENTITY AND PARTNER PREFRENCE

Adult Temperament: Lesbian Identity and Partner Preference

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Abstract

The present study examined whether temperament and ethnicity influence lesbian identity labels and partner preferences. Forty-four self-identified lesbian participants, aged 18 to 59 years (M = 32), completed a two-part survey: (a) identity and partner preference questions, and (b) the Emotionality, Activity, and Sociability (EAS) Temperament Scale. Identity labels included stud, butch, femme, soft stud, stem, and dyke. Chi-square analyses indicated no significant association between temperament and either identity labels or partner preferences. However, significant relationships were observed between ethnicity and identity labels, $\chi^2(44) = 35.47, p = .018$, and between identity labels and partner preferences, $\chi^2(44) = 35.79, p = .002$. African American participants disproportionately identified as "stud" or "soft stud," while masculine-identified lesbians across ethnic groups predominantly preferred feminine partners. Although temperament did not predict identity or partner preference, findings underscore the importance of cultural and social dynamics in shaping lesbian self-identification. Limitations included the modest sample size, recruitment from entertainment venues, and omission of socioeconomic status. Future research should incorporate intersectional and qualitative approaches to further explore how cultural background, social identity, and partner preference intersect within lesbian communities.

Introduction

Lesbian identity is multifaceted, encompassing a spectrum of gendered expressions and cultural meanings. While popular stereotypes often portray lesbians as masculine, lesbian communities include a diversity of identities ranging from highly feminine ("femme") to highly masculine ("butch," "stud"), as well as hybrid terms such as "soft stud" or "stem." These labels are not superficial descriptors; they are culturally embedded categories that carry implications for self-understanding, community affiliation, and partner dynamics (Levitt & Hiestand, 2004). Examining how lesbians adopt these terms, and how such identities intersect with partner preferences, provides insight into the interplay between gender, sexuality, and culture.

One possible determinant of identity formation is temperament. Temperament has been defined as a biologically based, relatively stable mode of responding to the environment, and it forms the foundation for later personality development (Rothbart, Ahadi, & Evans, 2000). Longitudinal studies suggest that traits such as emotionality, sociability, and activity level remain consistent from infancy into adulthood, raising the question of whether innate temperament could be linked to how individuals express their sexual identity and relational preferences. If temperament influences patterns of emotional regulation, activity, and social interaction, it may plausibly shape how one self-identifies within lesbian subcultures.

Another factor to consider is ethnicity. Cultural norms strongly influence expectations of gender expression, and these norms may intersect with sexuality in shaping identity labels. For example, within African American lesbian communities, the label "stud" carries cultural significance distinct from "butch" as used in predominantly White contexts (Collins, 2000). Intersectionality

theory (Crenshaw, 1991) suggests that identities cannot be understood in isolation; rather, race, gender, and sexuality interact to produce unique forms of self-expression and relational dynamics. Investigating ethnicity in relation to lesbian identity therefore provides an important corrective to earlier studies that overlooked racial and cultural diversity.

Prior research has addressed lesbian partner preferences but has yielded inconsistent results. Bailey, Kim, Hills, and Linsenmeier (1997) found that masculine-identified lesbians tended to prefer masculine partners, suggesting a pattern of similarity-based attraction. By contrast, Basset, Pearcey, and Dabbs (2001) reported that both butch and femme lesbians overwhelmingly preferred feminine partners, pointing instead to complementarity as the dominant pattern. These conflicting findings highlight the need for further research that accounts for factors such as ethnicity, which both studies neglected.

The current study addresses these gaps by examining whether temperament and ethnicity predict lesbian identity labels and partner preferences. Specifically, three hypotheses were tested: (1) temperament would be associated with identity labels, (2) temperament would be associated with partner preferences, and (3) ethnicity would be associated with identity labels. By linking temperament, cultural identity, and relational preferences, this study contributes to a more nuanced understanding of how lesbian identities are formed and expressed.

Literature Review

Temperament and Personality Development

Temperament has long been conceptualized as the biological foundation of personality. Rothbart, Ahadi, and Evans (2000) define temperament as “constitutionally based individual differences in reactivity and self-regulation,” observable from infancy and relatively stable across the lifespan.

Longitudinal research demonstrates that traits such as fear, sociability, and activity level, identified as early as three months, remain predictive of behavioral tendencies in later childhood and beyond. Derryberry and Hershey (2000) similarly note that while temperament may fluctuate in intensity, its core features persist across developmental stages.

To assess temperament in adults, the Emotionality, Activity, and Sociability (EAS) Temperament Survey is commonly used. Aarde, Roysamb, and Tambs (2004) validated the instrument in Norway using repeated test administrations, demonstrating reasonable reliability across time and cultural contexts, though they noted some semantic issues with item interpretation. The stability of temperament suggests that if temperament influences sexual identity expression, it would provide evidence for a biologically anchored aspect of lesbian identity formation.

Lesbian Identity Labels and Community Language

Lesbian identity terms have historically emerged within communities as markers of gendered self-presentation and relational positioning. Labels such as *butch* and *femme* date back to mid-20th-century bar cultures, signifying contrasting gender roles within lesbian relationships. Contemporary expansions such as *stud*, *soft stud*, and *stem* reflect the ongoing negotiation of identity, particularly within African American and Latina lesbian communities (Levitt & Hiestand, 2004). These terms are not only descriptors of clothing or behavior but also serve as cultural signifiers that communicate social roles, relational expectations, and alignment with community traditions.

Despite their importance, scholarly attention to lesbian labeling practices remains limited. Much of the research has focused on stereotypes of masculinity and femininity, without fully engaging

the cultural and intersectional meanings behind identity terms. Investigating how lesbians adopt specific labels thus offers insight into both gender expression and community affiliation.

Partner Preferences Among Lesbians

Research on lesbian partner preferences has produced mixed results. Bailey, Kim, Hills, and Linsenmeier (1997) analyzed personal ads placed by lesbians and gay men. They reported that masculine-identified lesbians tended to seek masculine partners, suggesting a pattern of similarity-based attraction. However, methodological limitations included the reliance on self-presentation in personal ads and the lack of information about participants' ethnic backgrounds.

By contrast, Basset, Pearcey, and Dabbs (2001) distributed questionnaires at Atlanta's Gay Pride festival to butch and femme lesbians. Their findings indicated that both groups overwhelmingly preferred feminine partners, pointing to complementarity as a dominant pattern. The study benefited from community-based recruitment but likewise did not collect data on ethnicity. The conflicting outcomes of these two studies highlight how cultural context and sampling methods may influence results.

Other work has considered body image and attractiveness. Legenbauer et al. (2009) conducted an online study of heterosexuals and sexual minorities, examining how body image shapes partner preferences. Their findings showed that lesbian women, like heterosexual women, reported less stringent standards regarding weight and attractiveness compared to men. This suggests that for lesbians, relational or emotional qualities may outweigh physical traits when evaluating partners. However, ethnicity again was not addressed as a variable in this study.

Ethnicity and Cultural Context

Ethnicity plays a critical role in shaping both identity and relational practices. Within African American communities, for example, the label *stud* has specific cultural resonance, often linked to leadership, masculinity, and dominance, distinct from the White-associated term *butch* (Collins, 2000). Hispanic and mixed-race lesbian communities have similarly adapted identity labels, demonstrating how cultural frameworks inflect the meaning of gender expression.

Barrow and Kuvalanka (2011) illustrate the impact of cultural context through their study of Jewish lesbian women, who described navigating tensions between religious identity and sexual orientation. Though not focused on labeling practices, their findings underscore the importance of intersectionality (Crenshaw, 1991) in shaping identity formation and self-presentation. Neglecting ethnicity in research risks homogenizing lesbian identity and overlooking how cultural expectations influence self-labeling and partner selection.

Method

Participants

Forty-four self-identified lesbian women participated in the study. Participants ranged in age from 18 to 59 years (M = 32). The sample was racially diverse: 24 African American, 7 Caucasian American, 7 Hispanic American, 2 Asian American, and 4 participants who identified as mixed race. Recruitment occurred through multiple channels, including the campus of Metropolitan State University of Denver, LGBT entertainment venues (Club Eden and Club Tracks), and snowball sampling through friends and family networks.

To encourage participation, one respondent was randomly selected to receive a $25 VISA gift card. Participation was voluntary, and anonymity was preserved by allowing respondents to place completed surveys in secure drop boxes at recruitment sites.

Materials

The survey consisted of two parts:

1. **Identity and Partner Preference Questions.** Ten items assessed self-identification and partner preferences. Participants indicated which lesbian identity label best represented them (stud, femme, butch, soft stud, stem, dyke) and the type of partner they typically preferred. Questions were a mix of multiple-choice and open-ended responses, allowing participants to provide their own definitions of terms.

2. **EAS Temperament Survey.** The Emotionality, Activity, and Sociability (EAS) Temperament Survey (Buss & Plomin, 1984) included 20 items rated on a five-point Likert scale (1 = not at all characteristic, 5 = very characteristic). Sample items included "I like to be with people," "My life is fast-paced," and "It takes a lot to make me mad." Higher scores reflected stronger endorsement of the temperament trait.

Design

A cross-sectional, descriptive survey design was employed. The independent variables were temperament (as measured by the EAS) and ethnicity (self-identified). The dependent variables were (a) lesbian identity label and (b) partner preference. The design allowed for the use of chi-square tests to assess associations between categorical variables.

Procedure

Recruitment occurred on weekdays at the university campus and on weekends at LGBT entertainment venues. The researcher provided a brief verbal explanation of the study and invited

interested individuals to participate. Respondents completed the survey on-site, which took approximately 10 minutes. Completed surveys were placed in a drop box to ensure anonymity.

Participants were informed of specific dates and times when the researcher would return to collect surveys, allowing for flexibility in completion. Next to the drop box, a separate sign-up sheet allowed participants to provide an email address if they wished to be entered into the gift card drawing or to receive a summary of the study results. Upon submission, participants were given a debriefing form describing the study's purpose and providing contact information for follow-up questions.

Results

A series of chi-square tests were conducted to examine the relationships among temperament, ethnicity, identity labels, and partner preferences.

Temperament and Identity Labels

A chi-square test of independence indicated no significant association between temperament and the identity label selected by participants,

$\chi^2(44, N = 44) = 6.11, p = .800$.

Temperament and Partner Preferences

A chi-square test of independence also indicated no significant association between temperament and partner preferences,

$\chi^2(44, N = 44) = 6.11, p = .800$.

Ethnicity and Identity Labels

A significant association was observed between ethnicity and the identity label participants selected,

$\chi^2(44, N = 44) = 35.47, p = .018$.

African American participants disproportionately identified with labels such as *stud*, *femme*, and *soft stud*, whereas White participants more frequently selected *butch*, *femme*, or *dyke*. Hispanic participants commonly identified as *stud*, *femme*, *soft stud*, or *dyke*. Asian American participants identified as *femme*, while mixed-race participants identified as *stud*, *femme*, or *soft stud*.

Identity Labels and Partner Preferences

A significant association was also observed between the identity label participants selected and their reported partner preferences,

$\chi^2(44, N = 44) = 35.79, p = .002$.

Masculine-identified lesbians (stud, butch, dyke) primarily preferred feminine partners. Femme-identified participants reported more diverse preferences, including both masculine and feminine partners. Soft stud participants also predominantly preferred femme partners, while the single stem-identified participant preferred a soft stud partner.

Method

Participants

Participants included 44 lesbian adult women who ranged between the ages of 18 and 59 years old. The mean age was 32. There were seven Caucasian American women, twenty-four African

American women, seven Hispanic American women, two Asian American women, and four ethnicity who were mixed race who participated. The participants were selected from the Metropolitan State University of Denver campus as well as at LGBT entertainment events at club Eden and club Tracks. The researcher also handed out the survey to family members and friends who were lesbian or knew people who were lesbians. There was a $25 gift VISA card compensation for one participant who was randomly selected as an incentive to people to take the survey.

Materials

All forty-four participants completed a survey regarding the study. The survey included ten questions in which the participants were asked to circle the best answer from the multiple choice questions, and fill in the blanks to open ended questions. For example, some of the questions included: Which term closest fits who you are? When seeking a partner, which term or type of lesbian do you seek? The lesbian terms were: Stud, Femme, Butch, Stem, Soft Sud, Stem and Dike. The second part of the survey was the EAS Temperament Scale, which had a total of 20 statements which they were asked to rate from a scale of one to five. If they were to rate the statement with a one, that meant the statement was not at all characteristic of them, and if they rated the question a five, it meant very characteristic of them. The following is a few examples of the statements the participants were asked to rate: I like to be with people; my life is fast-paced; it takes a lot to make me mad. See the appendix for a copy of the survey.

Design

The design was a descriptive survey study design. The independent variable was the temperament and the dependent variable was the lesbian identity term and partner preference.

The study is a descriptive study because there was a lot of descriptive words used to describe the terms and since there was open-ended questions, the participants had a chance to be descriptive and define the terms in their own words.

Procedure

The researcher arrived on campus during the weekdays and arrived to LGBT entertainment events on the weekends and handed out the survey to participants. The researcher briefly explained what the study was about and those who were interested were given the survey and asked to fill it out to the best of their ability. There was a box where participants could place their survey once completed so they would remain anonymous. The researchers also advised the participants of dates and times in which that the researcher would return so they could come back at their convenience and return the survey anonymously. There was also a sheet next to the drop off box where participants could leave their email address if they wanted to be entered for a chance win the compensation prize of a $25 VISA gift card if they wanted information about the results of the study. Once the participants returned the survey, they could take a debriefing form next to the drop-off box. The procedure took approximately five or ten minutes to complete the survey.

Results

To examine whether temperament has any relationship to the term a lesbian identifies as, a Chi-Square was computed. Results indicate that temperament had no relation with the type of lesbian partner preference, $X^2(44) = 6.11$, $p = .800$

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To examine whether ethnicity has any relationship to the term lesbians identify themselves as, a Chi-Square was computed. Results indicate that ethnicity and the term lesbians identify themselves has a significance difference, $X^2(44) = 35.47$, $p = .018$.

To examine whether the term that the lesbian identifies with and the type of lesbian partner they prefer has any relationship, a Chi-Square was computed. Results indicate that the term the participant was and the partner they preferred has a significance difference, $X^2(44) = 35.79$, $p = .002$.

Discussion

The purpose of this study was to examine whether temperament and ethnicity influenced lesbian identity labels and partner preferences. Although temperament did not emerge as a significant predictor, meaningful patterns were observed between ethnicity and identity labels, as well as between identity labels and partner preferences. These findings contribute to the literature on lesbian identity formation by highlighting the social and cultural—rather than innate temperamental—determinants of self-identification and relationship dynamics.

Temperament and Identity

The first two hypotheses, which proposed that temperament would influence both lesbian identity labels and partner preferences, were not supported. This finding suggests that while temperament may serve as a foundation for personality development (Rothbart et al., 2000), it

does not directly shape the gendered self-labels used by lesbians or the types of partners they prefer. These results align with theoretical perspectives that view sexual identity as socially constructed and culturally mediated rather than biologically predetermined. The absence of temperament effects highlights the importance of situating lesbian identity within broader frameworks of social identity theory and queer theory, both of which emphasize the fluid, negotiated nature of identity.

Ethnicity and Identity Labels

In contrast, ethnicity was significantly related to identity labels, supporting the third hypothesis. African American participants disproportionately identified as *stud*, *femme*, or *soft stud*. Participants who defined *stud* described the term as dominant, leader-like, masculine, head of household, compassionate, aggressive, and preferring traditionally male clothing. *Femme* was defined as girly, traditionally feminine, independent, and emotionally expressive. *Soft stud* was characterized as primarily dominant but with occasional expressions of femininity—for instance, wearing a dress to a graduation or religious service. Participants who identified as *stem* (a blend of stud and femme) described themselves as tomboys with feminine tendencies.

White participants more frequently identified with *butch*, *dyke*, or *femme*. *Butch* was described as masculine, tough, and dominant, often associated with short hair and "man-like" qualities. *Dyke* was defined as a term interchangeable with *butch* but also used as a more general label for being openly gay, often with connotations of masculinity. White participants who identified as *femme* defined the label in terms such as lipstick lesbian, sensitive, emotional, strong-willed, and dainty. Hispanic participants identified with *stud*, *femme*, *soft stud*, and *dyke*, with definitions paralleling

those of African American and White participants. Asian American participants identified as *femme*, while mixed-race participants identified as *stud*, *femme*, or *soft stud*.

These patterns demonstrate how cultural norms and racialized expectations shape lesbian self-identification. Within African American communities, *stud* carries cultural significance that is distinct from the *butch* identity more commonly used in White communities (Collins, 2000). This finding is consistent with intersectionality theory (Crenshaw, 1991), which emphasizes that race, gender, and sexuality are interlocking systems of identity and cannot be fully understood in isolation.

Identity Labels and Partner Preferences

The second major finding was the significant relationship between identity labels and partner preferences. Consistent with Basset et al. (2001), masculine-identified lesbians (stud, butch, dyke) overwhelmingly preferred feminine partners. Femme participants, however, reported more fluid preferences, including masculine, feminine, and mixed identities. For example, while many femmes preferred masculine partners, some indicated attraction to other femmes. The single stem-identified participant preferred a soft stud partner, reflecting an interest in balance or hybridity.

These findings suggest that partner preferences in lesbian communities are often guided by the principle of complementarity: masculine partners gravitate toward feminine partners, while feminine partners express flexibility. This pattern challenges stereotypes that portray lesbian relationships as strictly mirroring heterosexual gender roles. Instead, the results highlight the ways in which lesbian communities negotiate identity and desire through culturally specific labels and relational dynamics.

Broader Implications

The lack of a relationship between temperament and lesbian identity supports a social-constructionist perspective, suggesting that identity is primarily shaped by cultural and community forces rather than by innate dispositional traits. The strong influence of ethnicity highlights the importance of incorporating cultural diversity into research on sexuality. These findings align with prior work showing that religious and cultural backgrounds can profoundly shape lesbian identity development (Barrow & Kuvalanka, 2011).

From an applied perspective, the results have implications for both clinical practice and community education. Mental health professionals working with lesbian clients must recognize the cultural significance of identity labels, avoiding the assumption that terms such as *butch* or *stud* are interchangeable across racial groups. Similarly, researchers and educators should approach lesbian identity as a culturally situated phenomenon, rather than a monolithic or universal experience.

Limitations

Several limitations of the present study should be acknowledged.

Sample size. Although 44 participants provided sufficient data for preliminary analyses, the modest sample size limited statistical power. A larger and more diverse sample might have revealed additional associations between temperament, identity labels, and partner preferences that were undetectable in the current study.

Recruitment context. Participants were recruited from a university campus and LGBT entertainment venues. While these locations facilitated access to lesbian populations, they may

have introduced sampling bias. Nightclub-based recruitment, for example, may favor individuals who are more socially active or more comfortable with public expressions of sexual identity, potentially underrepresenting those who identify more privately.

Measurement of temperament. The EAS Temperament Survey was employed as the measure of temperament, but the process of categorizing participants into broad temperament types (e.g., easy, slow-to-warm-up, difficult) introduced potential subjectivity. Although the instrument has been validated (Aarde et al., 2004), the researcher's interpretation of scores may have led to classification errors that influenced results.

Socioeconomic status (SES). SES was not measured in this study, representing a missed opportunity for understanding how class dynamics intersect with identity and partner preference. Previous research suggests that SES can shape visibility, workplace experiences, and even perceived desirability within lesbian communities (Collins, 2000). Its absence therefore limits the study's ability to fully contextualize identity patterns across diverse populations.

Together, these limitations suggest caution in generalizing the present findings. They also highlight important directions for refining future research designs.

Future Research

The findings of this study point toward several avenues for future research that could deepen understanding of lesbian identity and partner preferences.

Mixed-methods approaches. While surveys provide breadth, qualitative methods such as interviews or focus groups could capture the complexity of lesbian identity more fully. Allowing participants to describe their lived experiences in their own words may uncover nuanced insights

into why certain labels are adopted, how they evolve, and how they influence partner selection. Combining quantitative surveys with qualitative interviews would strengthen validity and provide richer interpretations.

Socioeconomic status (SES). Future studies should incorporate SES as a variable to examine whether economic class influences identity expression and partner preference. For example, workplace dynamics may shape how lesbians present themselves: femme-identified women may experience greater social and professional mobility due to their alignment with heteronormative expectations, while stud or butch women may encounter barriers or discrimination. Investigating such dynamics could reveal how SES intersects with gender presentation and identity labels.

Cultural and contextual diversity. Expanding recruitment beyond campus and entertainment venues to include religious communities, professional organizations, or geographic regions outside metropolitan areas would provide a more representative sample. Comparative studies across cultural contexts could clarify how ethnicity, religion, and regional norms shape the adoption of identity labels.

Family formation and parenting preferences. Another promising direction involves examining how lesbian identity influences approaches to family building. For instance, do stud–femme couples prefer biological parenthood from the femme partner, while femme–femme couples lean toward adoption? Exploring how identity dynamics influence reproductive decision-making would contribute to scholarship on queer family structures.

Longitudinal designs. Finally, longitudinal studies could investigate whether identity labels and partner preferences remain stable over time or shift with changing cultural and relational

contexts. Given the fluidity of both identity and desire, tracking participants across the life course may reveal patterns of stability, transformation, and resilience.

Conclusion

This study investigated whether temperament and ethnicity influence lesbian identity labels and partner preferences. While temperament did not emerge as a significant predictor, both ethnicity and identity labels were significantly associated with how participants identified themselves and the partners they preferred. African American participants were more likely to identify as *stud* or *soft stud*, while White participants gravitated toward labels such as *butch* or *dyke*. Across racial groups, masculine-identified lesbians predominantly preferred feminine partners, whereas femme-identified lesbians expressed more diverse preferences.

These findings reinforce the view that lesbian identity and relational patterns are socially and culturally constructed rather than biologically determined. They highlight the importance of intersectionality, demonstrating how ethnicity and cultural context shape the adoption of identity labels. At the same time, the patterns of complementarity in partner preference reveal how gendered roles continue to influence lesbian relationships in ways that both reflect and resist heteronormative assumptions.

Although limited by sample size, recruitment contexts, and the absence of socioeconomic data, this study contributes to the growing body of literature that emphasizes diversity within lesbian communities. By illuminating the interplay of ethnicity, identity, and partner preference, it challenges reductive stereotypes and underscores the importance of cultural nuance in understanding lesbian identities.

Future research that integrates mixed-methods designs, incorporates socioeconomic variables, and expands to diverse cultural contexts will be essential for advancing scholarship in this area. Ultimately, such work not only enriches academic knowledge but also has practical implications for reducing stereotypes, informing clinical practice, and fostering inclusivity within LGBTQ+ communities.

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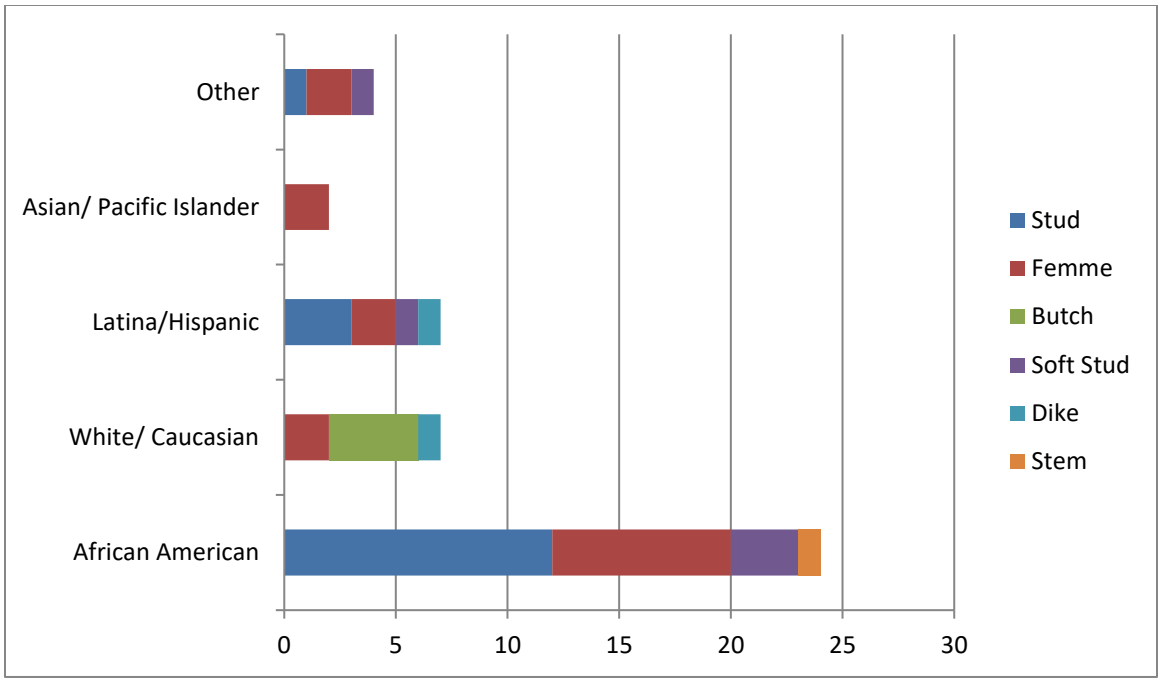
Table 1

PARTNER PREFERNCE

		Stud	Femme	Butch	Soft Stud	**Total**
T	Stud	0	15	0	1	**16**
E	Femme	8	5	1	2	**16**
	Butch	0	3	1	0	**4**
R	Soft Stud	0	5	0	0	**5**
M	Dike	0	2	0	0	**2**
	Stem	0	0	0	1	**1**
	TOTAL	8	30	2	4	**44**

Figure Captions



Appendix

Lesbian Identity Survey

Please fill out these questions to the best of your ability. If a question makes you feel uncomfortable, please feel free to not answer the question or discontinue completing the survey.

1. Are you a lesbian? Yes | No If no, please list your sexual orientation _____
2. How old are you? _____
3. What ethnicity is closest to how you identity yourself?
    a. Black / African American
    b. Hispanic /Latina
    c. Asian / Pacific Islander
    d. White / Caucasian
    e. Native American
    f. Other, please list _____
4. Which term closest fits who you are?
    a. Stud
    b. Femme
    c. Butch
    d. Stem
    e. Soft Stud
    f. Dike
    g. Other please explain _____
5. Define in your own words your meaning of the answer you selected above in number 4.

    _____

    _____

    _____

    _____

6. Please circle the number below which closest fits you.

Feminine----------|----------Masculine

1 2 3 4 5

7. Please explain why you chose your number from the previous question.

    _____
    _____
    _____
    _____
    _____

8. When seeking a partner, which term or type of lesbian do you seek?
    a. Stud
    b. Femme
    c. Butch
    d. Stem
    e. Soft Stud
    f. Dike
    g. Other, please explain_____

9. Define in your own words your meaning of the answer you selected above in number 8.

    _____

    _____

    _____

    _____

10. From what you remember or from what you were told about your infancy/childhood, what was your temperament? Please circle.
    a. Easygoing, positive mood, open to new experiences, predictable (Easy)
    b. Inactive, moody, slow to adapt, mild reactions (Difficult)
    c. Active, irritable, irregular habits, intense reactions (Slow to Warm Up)
    d. A combination of the above, or other _____

11. Please rate each of the items using the following scale.

1 = Not at all characteristic of me
2 = Somewhat uncharacteristic of me
3 = Neither characteristic nor uncharacteristic of me
4 = Somewhat characteristic of me
5 = Very characteristic of me

_____1. I like to be with people.
_____2. I usually seem to be in a hurry.
_____3. I am easily frightened.
_____4. I frequently get distressed.
_____5. When displeased, I let people know it right away.
_____6. I am something of a loner.
_____7. I like to keep busy all the time.
_____8. I am known as hot-blooded and quick-tempered.
_____9. I often feel frustrated.
_____10. My life is fast-paced.
_____11. Everyday events make me troubled and fretful.
_____12. I often feel insecure.
_____13. There are many things that annoy me.
_____14. When I get scared, I panic.

_____15. I prefer working with others rather than alone.
_____16. I get emotionally upset easily.
_____17. I often feel as if I'm bursting with energy.
_____18. It takes a lot to make me mad.
_____19. I have fewer fears than most people my age.
_____20. I find people more stimulating than anything else.