

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Discovering Our Personality through TRUE COLORS

(Adapted from Head Start of Greater Dallas – <http://hsgd.org>)

### Outcomes:

- ✓ Discover the qualities and characteristics of your own personality style or type.
- ✓ Gain an understanding of other personality styles.

### Key Concepts:

- ✓ True Colors is a metaphor.
- ✓ Each person is a blend of the four colors or styles – a spectrum.
- ✓ There are no bad or good colors.
- ✓ There are many variations within each color.

Each of us has a different and unique personality; however, there are also some common traits that we share. True Colors is an attempt to identify various personality styles and label them with colors. This model of categorizing personality styles is based on many years of work by other researchers and psychologists. Mostly, it draws heavily on the work of Isabel Briggs-Myers, Katherine Briggs, and David Keirsey. Don Lowry, a student of Keirsey, developed the True Colors system, which uses four primary colors to designate personality types and behavioral styles.

Lowry's objective was to understand how personality styles can be used to initiate better communication and understanding between people in a multitude of places: at home, at school, at work, in the community. He hoped it would lead to positive self-worth and self-esteem.

The belief is that with an increased understanding of ourselves and others, conflicts will decrease. Once you learn your color and that of your classmates, you will have a better understanding of why you, and they, behave in certain ways.

Each color is associated with certain personality traits or behaviors. Everyone has some degree of each color, but one color is *predominant*. The following quiz will identify your color spectrum. Follow the directions carefully and transfer your scores to the score sheet. If you have two colors with the same score, you pick which one you think more accurately describes you.

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**Instructions:** Compare all 4 boxes in each row. Do NOT analyze each word; just get a general sense of each box. **Score each of the 4 boxes in each row from most to least as it describes you:**

4 = most, 3 = a lot, 2 = somewhat, 1 = least.

<b>Row 1</b>	<b>A</b> Active Variety Sports Opportunities Spontaneous Flexible	<b>B</b> Organized Planned Neat Parental Traditional Responsible	<b>C</b> Warm Helpful Friends Authentic Harmonious Compassionate	<b>D</b> Learning Science Quiet Versatile Inventive Competent
	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>
<b>Row 2</b>	<b>E</b> Curious Ideas Questions Conceptual Knowledge Problem Solver	<b>F</b> Caring People Oriented Feelings Unique Empathetic Communicative	<b>G</b> Orderly On-time Honest Stable Sensible Dependable	<b>H</b> Action Challenges Competitive Impetuous Impactful
	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>
<b>Row 3</b>	<b>I</b> Helpful Trustworthy Dependable Loyal Conservative Organized	<b>J</b> Kind Understanding Giving Devoted Warm Poetic	<b>K</b> Playful Quick Adventurous Confrontive Open Minded Independent	<b>L</b> Independent Exploring Competent Theoretical Why Questions Ingenious
	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>
<b>Row 4</b>	<b>M</b> Follow Rules Useful Save Money Concerned Procedural Cooperative	<b>N</b> Active Free Winning Daring Impulsive Risk Taker	<b>O</b> Sharing Getting Along Feelings Tender Inspirational Dramatic	<b>P</b> Thinking Solving Problems Perfectionistic Determined Complex Composed
	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>
<b>Row 5</b>	<b>Q</b> Puzzles Seeking Info Making Sense Philosophical Principled Rational	<b>R</b> Social Causes Easy Going Happy Endings Approachable Affectionate Sympathetic	<b>S</b> Exciting Lively Hands On Courageous Skillful On Stage	<b>T</b> Pride Tradition Do Things Right Orderly Conventional Careful
	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>	Score <input style="width: 40px;" type="text"/>

<b>Total Orange Score</b> A, H, K, N, S <input style="width: 40px; height: 20px;" type="text"/>	<b>Total Gold Score</b> B, G, I, M, T <input style="width: 40px; height: 20px;" type="text"/>	<b>Total Blue Score</b> C, F, J, O, R <input style="width: 40px; height: 20px;" type="text"/>	<b>Total Green Score</b> D, E, L, P, Q <input style="width: 40px; height: 20px;" type="text"/>
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If any of the scores in the colored boxes are less than 5 or greater than 20, you have made an error. Please go back and read the instructions.

Congratulations! You now know your color spectrum. Here are some general descriptions of each color:

Greens	Oranges
<ul style="list-style-type: none"> <li><input type="checkbox"/> Are innovative and logical</li> <li><input type="checkbox"/> Seek to understand the world</li> <li><input type="checkbox"/> Need to be competent</li> <li><input type="checkbox"/> Require intellectual freedom</li> <li><input type="checkbox"/> Are curious</li> <li><input type="checkbox"/> Question authority</li> <li><input type="checkbox"/> Push themselves to improve</li> <li><input type="checkbox"/> Seek perfection in play</li> <li><input type="checkbox"/> May become intellectually isolated</li> <li><input type="checkbox"/> Are slow to make decisions</li> <li><input type="checkbox"/> Value concise communication</li> <li><input type="checkbox"/> Look for intellectual stimulation</li> <li><input type="checkbox"/> Enjoy intriguing discussions</li> <li><input type="checkbox"/> Are sometimes oblivious to emotions</li> <li><input type="checkbox"/> Are detached</li> <li><input type="checkbox"/> Believe work is play</li> <li><input type="checkbox"/> Are drawn to technical occupations</li> <li><input type="checkbox"/> Analyze and rearrange systems</li> <li><input type="checkbox"/> Focus on the future</li> <li><input type="checkbox"/> Bring innovation to society</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Are free and spontaneous</li> <li><input type="checkbox"/> Are impulsive risk-takers</li> <li><input type="checkbox"/> Are active</li> <li><input type="checkbox"/> Are optimistic</li> <li><input type="checkbox"/> Resist commitment</li> <li><input type="checkbox"/> Can become virtuosos</li> <li><input type="checkbox"/> Thrive on crises</li> <li><input type="checkbox"/> Are drawn to tools</li> <li><input type="checkbox"/> Like to be the center of attention</li> <li><input type="checkbox"/> Have great endurance</li> <li><input type="checkbox"/> Are drawn to action jobs</li> <li><input type="checkbox"/> Need variety</li> <li><input type="checkbox"/> Are dynamic, animated communicators</li> <li><input type="checkbox"/> Are competitive</li> <li><input type="checkbox"/> Deal with the here and now</li> <li><input type="checkbox"/> Are bold in relationships</li> <li><input type="checkbox"/> Are generous</li> <li><input type="checkbox"/> Have difficulty finding acceptance</li> <li><input type="checkbox"/> Like to live in a casual atmosphere</li> <li><input type="checkbox"/> Bring excitement to society</li> </ul>
Golds	Blues
<ul style="list-style-type: none"> <li><input type="checkbox"/> Are dutiful and stable</li> <li><input type="checkbox"/> Need to be useful</li> <li><input type="checkbox"/> Want to be self-sufficient</li> <li><input type="checkbox"/> Value organization</li> <li><input type="checkbox"/> Desire punctuality</li> <li><input type="checkbox"/> Schedule their lives</li> <li><input type="checkbox"/> Make and keep commitments</li> <li><input type="checkbox"/> Measure worth by completion</li> <li><input type="checkbox"/> Are goal-oriented</li> <li><input type="checkbox"/> Value rules</li> <li><input type="checkbox"/> Prepare for the future</li> <li><input type="checkbox"/> Are inclined to join groups</li> <li><input type="checkbox"/> Believe work comes before play</li> <li><input type="checkbox"/> Safeguard tradition</li> <li><input type="checkbox"/> Prefer order and cleanliness</li> <li><input type="checkbox"/> Are responsible and dedicated</li> <li><input type="checkbox"/> Are drawn to respected occupations</li> <li><input type="checkbox"/> Enjoy positions of authority</li> <li><input type="checkbox"/> Desire structure</li> <li><input type="checkbox"/> Bring stability to society</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Are in search of themselves</li> <li><input type="checkbox"/> Need to feel unique</li> <li><input type="checkbox"/> Must be true to themselves</li> <li><input type="checkbox"/> Look for symbolism</li> <li><input type="checkbox"/> Value close relationships</li> <li><input type="checkbox"/> Encourage expression</li> <li><input type="checkbox"/> Desire quality time with loved ones</li> <li><input type="checkbox"/> Need opportunities to be creative</li> <li><input type="checkbox"/> Compromise and cooperate</li> <li><input type="checkbox"/> Nurture people, plants, and animals</li> <li><input type="checkbox"/> Look beyond the surface</li> <li><input type="checkbox"/> Share emotions</li> <li><input type="checkbox"/> Make decisions based on feelings</li> <li><input type="checkbox"/> Need harmony</li> <li><input type="checkbox"/> Are adaptable</li> <li><input type="checkbox"/> Are drawn to literature</li> <li><input type="checkbox"/> Are drawn to nurturing careers</li> <li><input type="checkbox"/> Get involved in causes</li> <li><input type="checkbox"/> Are committed to ideals</li> <li><input type="checkbox"/> Bring unity to society</li> </ul>