



BPEP Assessment - The 35 Questions

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Tags	

Builder Personality & Energy Profile (BPEP) Assessment

Time to complete: 10-12 minutes

Instructions: Rate each statement on a scale of 1-5:

- 1 = Strongly Disagree

- 2 = Disagree

- 3 = Neutral

- 4 = Agree

- 5 = Strongly Agree

Answer based on how you **actually** function, especially under pressure—not how you think you *should* be.

Structure Need Axis (Items 1-9)

These questions measure your need for systems, routines, and clear expectations vs. flexibility and autonomy.

1. I feel most productive when I have a clear plan and structure for my day.
 2. I need to know exactly what's expected of me before I can move forward.
 3. Ambiguous situations make me anxious and unfocused.
 4. I create systems and routines to help me stay on track.
 5. Too many options overwhelm me—I prefer clear guidelines.
 6. **I prefer to make things up as I go rather than follow a set plan.** *(Reverse-scored)*
 7. **Rigid schedules and routines feel like a cage to me.** *(Reverse-scored)*
 8. **I work best when I have complete freedom to decide how and when to work.** *(Reverse-scored)*
 9. I rely on to-do lists, calendars, and reminders to function well.
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Stimulation Threshold Axis (Items 10-18)

These questions measure how much intensity, variety, and pace you need to function optimally.

1. I get restless and bored when things are too predictable.
 2. I need intensity, variety, and fast pace to feel motivated.
 3. I thrive in high-pressure, high-stakes situations.
 4. Slow, repetitive work makes me feel like I'm dying inside.
 5. I get my best ideas when there's chaos or urgency around me.
 6. **I feel overwhelmed when too much is happening at once.** *(Reverse-scored)*
 7. **I need calm, quiet, and predictability to think clearly.** *(Reverse-scored)*
 8. **High-pressure situations make me shut down or freeze.** *(Reverse-scored)*
 9. I need multiple projects going at once to stay engaged.
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Social Energy Orientation Axis (Items 19-27)

These questions measure how you process information and recharge energy in relation to other people.

1. I think out loud and need to talk through ideas with others.
 2. Working alone for long periods drains my energy.
 3. I feel more motivated and focused when I'm around other people.
 4. I need collaboration and feedback to do my best work.
 5. Isolation makes me feel disconnected and unfocused.
 6. **I prefer to work through my thoughts alone before sharing them.** *(Reverse-scored)*
 7. **Too much social interaction exhausts me.** *(Reverse-scored)*
 8. **I need solo time to recharge and think clearly.** *(Reverse-scored)*
 9. **I make better decisions when I have time alone to process.** *(Reverse-scored)*
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Control vs. Flexibility Bias Axis (Items 28-35)

These questions measure your instinctual strategy for staying functional under pressure.

1. I handle uncertainty by planning and preparing as much as possible.
 2. Unexpected changes feel threatening to my stability.
 3. I need to reduce variables and unknowns to feel safe.
 4. I feel more secure when I have control over my environment.
 5. **I adapt easily to sudden changes and pivots.** *(Reverse-scored)*
 6. **I stabilize myself by staying flexible and going with the flow.** *(Reverse-scored)*
 7. **Over-planning makes me feel rigid and trapped.** *(Reverse-scored)*
 8. **I'm more comfortable improvising than following a detailed plan.** *(Reverse-scored)*
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Scoring Instructions

Step 1: Reverse-Score Marked Items

For all items marked (*Reverse-scored*), flip your score:

- 1 → 5
- 2 → 4
- 3 → 3 (stays the same)
- 4 → 2
- 5 → 1

Step 2: Calculate Your Axis Scores

Structure Need = Sum of items 1-9 (range: 9-45)

- **High Structure:** 32-45
- **Moderate Structure:** 23-31
- **Low Structure:** 9-22

Stimulation Threshold = Sum of items 10-18 (range: 9-45)

- **High Stimulation:** 32-45
- **Moderate Stimulation:** 23-31
- **Low Stimulation:** 9-22

Social Energy Orientation = Sum of items 19-27 (range: 9-45)

- **External Processor:** 32-45
- **Balanced:** 23-31
- **Internal Processor:** 9-22

Control Bias = Sum of items 28-35 (range: 8-40)

- **Control Bias:** 28-40
- **Balanced:** 20-27
- **Flexibility Bias:** 8-19

Step 3: Identify Your Primary Builder Type

Your **Primary Builder Type** is determined by the combination of your **Structure Need** and **Stimulation Threshold**:

Structure Need	Stimulation Threshold	Builder Type
High	High	The Operator
High	Low	The Architect
Low	High	The Firestarter
Low	Low	The Maverick

Step 4: Note Your Modifiers

Your **Social Energy Orientation** and **Control Bias** add nuance to your primary type:

- **External Processor + High Stimulation → The Catalyst**
 - **External Processor + High Structure → The Anchor**
 - **Internal Processor + High Structure → The Strategist**
 - **Internal Processor + Low Structure → The Lone Wolf**
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Research Foundation

These items are original creations for Legacy Rising, grounded in established psychological constructs:

- **Structure Need** ↔ Big Five Conscientiousness (Costa & McCrae, 1992)
- **Stimulation Threshold** ↔ Sensation Seeking (Zuckerman, 1994)
- **Social Energy** ↔ Big Five Extraversion (Goldberg, 1993)
- **Control Bias** ↔ Locus of Control (Rotter, 1966)

Legal & Ethical Note: These items measure established scientific constructs (public domain) using original wording. No copyrighted assessment items were reproduced.

What Happens Next?

Once you've calculated your scores:

1. Review your **Primary Builder Type** profile
2. Read about your **Secondary Modifiers**
3. Complete your **Mismatch Inventory**
4. Draft your **Builder Operating Rules**
5. Prepare for **Regulation Buddy matching** in Module 3