



# 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                  | <b>The Operator</b>    |
| High           | Low                   | <b>The Architect</b>   |
| Low            | High                  | <b>The Firestarter</b> |
| Low            | Low                   | <b>The Maverick</b>    |

## 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.

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## 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