**Instructions**

Rate each personality characteristic on how desirable it is in others.

You may want to think about the behavior of people who have this trait and then rate the desirability.

Circle your response.

**Example Item:**

1. I am sometimes irritated by people who ask favors of me.

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

In this instance, “I am sometimes irritated by people who ask favors of me” would be rated as a moderately undesirable trait to have.

1. Worry about things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Make friends easily

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have a vivid imagination

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Trust others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Complete tasks successfully

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get angry easily

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love large parties

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe in the importance of art

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Would never cheat on my taxes

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like order

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Often feel blue

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Take charge

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Experience my emotions intensely

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Make people feel welcome

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Try to follow the rules

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am easily intimidated

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am always busy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Prefer variety to routine

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am easy to satisfy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Go straight for the goal

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Often eat too much

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love excitement

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to solve complex problems

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Dislike being the center of attention

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get chores done right away

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Panic easily

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Radiate Joy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Tend to vote for liberal political candidates

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Sympathize with the homeless

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Avoid mistakes

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Fear for the worst

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Warm up quickly to others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Enjoy wild flights of fantasy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that others have good intentions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Excel in what I do

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get irritated easily

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Talk to a lot of different people at parties

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like music

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Stick to the rules

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to tidy up

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Dislike myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Try to lead others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Feel others’ emotions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Anticipate the needs of others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Keep my promises

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am afraid that I will do the wrong thing

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am always on the go

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to visit new places

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Can’t stand confrontations

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Work hard

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t know why I do some of the things I do

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seek adventure

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love to read challenging material

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Dislike talking about myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am always prepared

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Become overwhelmed by events

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have a lot of fun

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that there is no absolute right or wrong

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Feel sympathy for those who are worse off than myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Choose my words with care

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am afraid of many things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Feel comfortable around people

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love to daydream

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Trust what people say

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Handle tasks smoothly

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get upset easily

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Enjoy being part of a group

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. See beauty in things that others might not notice

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Use flattery to get ahead

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Want everything to be “just right”

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am often down in the dumps

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Can talk others into doing things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am passionate about causes

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love to help others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Pay my bills on time

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Find it difficult to approach others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do a lot in my spare time

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Interested in many things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Hate to seem pushy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Turn plans into actions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do things I later regret

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love action

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have a rich vocabulary

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Consider myself an average person

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Start tasks right away

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Feel that I’m unable to deal with things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Express childlike joy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that criminals should receive help rather than punishment

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Value cooperation over competition

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Stick to my chosen path

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get stressed out easily

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Act comfortably with others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to get lost in thought

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that people are basically moral

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am sure of my ground

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am often in a bad mood

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Involve others in what I am doing

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love flowers

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Use others for my own ends

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love order and regularity

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have a low opinion of myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seek to influence others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Enjoy examining myself and my life

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am concerned about others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Tell the truth

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am afraid to draw attention to myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Can manage many things at the same time

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to begin new things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have a sharp tongue

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Plunge into tasks with all my heart

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Go on binges

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Enjoy being part of a loud crowd

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Can handle a lot of information

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seldom toot my own horn

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get to work at once

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Can’t make up my mind

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Laugh my way through life

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe in one true religion

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Suffer from others’ sorrows

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Jump into things without thinking

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get caught up in my problems

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Cheer people up

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Indulge in my fantasies

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe in human goodness

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Come up with good solutions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Lose my temper

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love surprise parties

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Enjoy the beauty of nature

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Know how to get around the rules

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do things according to a plan

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have frequent mood swings

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Take control of things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Try to understand myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have a good word for everyone

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Listen to my conscience

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Only feel comfortable with friends

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. React quickly

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Prefer to stick with things that I know

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Contradict others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do more than what’s expected of me

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love to eat

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Enjoy being reckless

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Enjoy thinking about things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that I am better than others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Carry out my plans

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get overwhelmed by emotions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love life

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Tend to vote for conservative political candidates

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not interested in other people’s problems

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Make rash decisions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not easily bothered by things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am hard to get to know

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Spend time reflecting on things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Think that all will be well

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Know how to get things done

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Rarely get irritated

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Prefer to be alone

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do not like art

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Cheat to get ahead

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Often forget to put things back in their proper place

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Feel desperate

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Wait for others to lead the way

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seldom get emotional

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Look down on others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Break rules

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Stumble over my words

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to take it easy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Dislike changes

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Love a good fight

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Set high standards for myself and others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Rarely overindulge

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Act wild and crazy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not interested in abstract ideas

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Think highly of myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Find it difficult to get down to work

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Remain calm under pressure

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Look at the bright side of life

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that too much tax money goes to support artists

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Tend to dislike soft hearted people

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to act on a whim

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am relaxed most of the time

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Often feel uncomfortable around others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seldom daydream

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Distrust people

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Misjudge situations

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seldom get mad

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Want to be left alone

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do not like poetry

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Put people under pressure

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Leave a mess in my room

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Feel that my life lacks direction

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Keep in the background

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not easily affected by my emotions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am indifferent to the feelings of others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Break my promises

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not embarrassed easily

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to take my time

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t like the idea of change

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Yell at people

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Demand quality

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Easily resist temptations

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Willing to try anything once

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Avoid philosophical discussions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have a high opinion of myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Waste my time

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Can handle complex problems

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Laugh aloud

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe laws should be strictly enforced

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe in an eye for an eye

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Rush into things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not easily disturbed by events

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Avoid contact with others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do not have a good imagination

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Suspect hidden motives in others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t understand things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not easily annoyed

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t like crowded events

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do not enjoy going to art museums

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Pretend to be concerned for others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Leave my belongings around

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seldom feel blue

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have little to say

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Rarely notice my emotional reactions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Make people feel uncomfortable

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get others to do my duties

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am comfortable in unfamiliar situations

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like a leisurely lifestyle

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am a creature of habit

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Insult people

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not highly motivated to succeed

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am able to control my cravings

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seek danger

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have difficulty understanding abstract ideas

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Know the answers to many questions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Need a push to get started

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Know how to cope

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Amuse my friends

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that we coddle criminals too much

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Try not to think about the needy

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do crazy things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t worry about things that have already happened

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not really interested in others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seldom get lost in thought

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am wary of others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have little to contribute

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Keep my cool

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Avoid crowds

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do not like concerts

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Take advantage of others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not bothered by messy people

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Feel comfortable with myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t like to draw attention to myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Experience very few emotional highs and lows

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Turn my back on others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do the opposite of what is asked

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not bothered by difficult social situations

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Let things proceed at their own pace

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Dislike new foods

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Get back at others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do just enough work to get by

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Never spend more than I can afford

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Would never go hand gliding or bungee jumping

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not interested in theoretical discussions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Boast about my virtues

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have difficulty starting tasks

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Readily overcome setbacks

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not easily amused

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that we should be tough on crime

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe people should fend for themselves

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Act without thinking

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Adapt easily to new situations

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Keep others at a distance

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Have difficulty imagining things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Believe that people are essentially evil

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t see the consequences of things

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Rarely complain

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seek quiet

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Do not enjoy watching dance performances

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Obstruct others’ plans

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am not bothered by disorder

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am very pleased with myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Hold back my opinions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Don’t understand people who get emotional

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Take no time for others

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Misrepresent the facts

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am able to stand up for myself

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. React slowly

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am attached to conventional ways

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Hold a grudge

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Put little time and effort into my work

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Never splurge

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Dislike loud music

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Avoid difficult reading material

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Make myself the center of attention

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Postpone decisions

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Am calm even in tense situations

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Seldom joke around

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Like to stand during the national anthem

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Can’t stand weak people

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme

1. Often make last-minute plans

**Undesirable Desirable**

Extreme Strong Moderate Mild Neutral Mild Moderate Strong Extreme