

## HANDOUT 14-8

## Are You a Type A or a Type B?

You can get a general idea of which personality type you more closely resemble by responding to the following statements. Read each statement and circle one of the numbers that follow it, depending on whether the statement is definitely true for you, mostly true, mostly false, or definitely false. Scoring is explained below.

1 = definitely true    2 = mostly true    3 = mostly false    4 = definitely false

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I am more restless and fidgety than most people.   | 1 | 2 | 3 | 4 |
| 2. In comparison with most people I know, I'm not very involved in my work.   | 1 | 2 | 3 | 4 |
| 3. I ordinarily work quickly and energetically.   | 1 | 2 | 3 | 4 |
| 4. I rarely have trouble finishing my work.   | 1 | 2 | 3 | 4 |
| 5. I hate giving up before I'm absolutely sure I'm licked.  | 1 | 2 | 3 | 4 |
| 6. I am rather deliberate in telephone conversations.   | 1 | 2 | 3 | 4 |
| 7. I am often in a hurry.   | 1 | 2 | 3 | 4 |
| 8. I am somewhat relaxed and at ease about my work.   | 1 | 2 | 3 | 4 |
| 9. My achievements are considered to be significantly higher than those of most people I know.  | 1 | 2 | 3 | 4 |
| 10. Tailgating bothers me more than a car in front slowing me up.   | 1 | 2 | 3 | 4 |
| 11. In conversation, I often gesture with hands and head.   | 1 | 2 | 3 | 4 |
| 12. I rarely drive a car too fast.  | 1 | 2 | 3 | 4 |
| 13. I prefer work in which I can move around.   | 1 | 2 | 3 | 4 |
| 14. People consider me to be rather quiet.  | 1 | 2 | 3 | 4 |
| 15. Sometimes I think I shouldn't work so hard, but something drives me on.   | 1 | 2 | 3 | 4 |
| 16. I usually speak more softly than most people.   | 1 | 2 | 3 | 4 |
| 17. My handwriting is rather fast.  | 1 | 2 | 3 | 4 |
| 18. I often work slowly and deliberately.   | 1 | 2 | 3 | 4 |
| 19. I thrive on challenging situations. The more challenges I have the better.  | 1 | 2 | 3 | 4 |
| 20. I prefer to linger over a meal and enjoy it.  | 1 | 2 | 3 | 4 |
| 21. I like to drive a car rather fast when there is no speed limit.   | 1 | 2 | 3 | 4 |
| 22. I like work that is not too challenging.  | 1 | 2 | 3 | 4 |
| 23. In general, I approach my work more seriously than most people I know.  | 1 | 2 | 3 | 4 |
| 24. I talk more slowly than most people.  | 1 | 2 | 3 | 4 |
| 25. I've often been asked to be an officer of some group or groups.   | 1 | 2 | 3 | 4 |
| 26. I often let a problem work itself out by waiting.   | 1 | 2 | 3 | 4 |
| 27. I often try to persuade others to my point of view.   | 1 | 2 | 3 | 4 |
| 28. I generally walk more slowly than most people.  | 1 | 2 | 3 | 4 |
| 29. I eat rapidly even when there is plenty of time.  | 1 | 2 | 3 | 4 |
| 30. I usually work fast.  | 1 | 2 | 3 | 4 |
| 31. I get very impatient when I'm behind a slow driver and can't pass.  | 1 | 2 | 3 | 4 |
| 32. It makes me mad when I see people not living up to their potential.   | 1 | 2 | 3 | 4 |
| 33. I enjoy being around children.  | 1 | 2 | 3 | 4 |
| 34. I prefer walking to jogging.  | 1 | 2 | 3 | 4 |
| 35. When I'm in the express line at the supermarket, I count the number of items the person ahead of me has and comment if it's over the limit. | 1 | 2 | 3 | 4 |

## HANDOUT 14-8 (continued)

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|---|---|---|---|---|
| 36. I enjoy reading for pleasure.   | 1 | 2 | 3 | 4 |
| 37. I have high standards for myself and others.                                | 1 | 2 | 3 | 4 |
| 38. I like hanging around talking to my friends.                                | 1 | 2 | 3 | 4 |
| 39. I often feel that others are taking advantage of me or being inconsiderate. | 1 | 2 | 3 | 4 |
| 40. If someone is in a hurry, I don't mind letting him or her go ahead of me.   | 1 | 2 | 3 | 4 |

## Scoring:

For each statement, two numbers represent Type A answers and two numbers represent Type B answers. Use the scoring sheet to determine how many Type A and Type B answers you gave. For example, if you circled 1, definitely true, for the first statement, you chose a Type A answer. Add up all your Type A answers and give yourself plus 1 point for each of them. Add up all your Type B answers and give yourself minus 1 point for them.

- |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|
| 1. 1,2 = A; 3,4 = B  | 11. 1,2 = A; 3,4 = B | 21. 1,2 = A; 3,4 = B | 31. 1,2 = A; 3,4 = B |
| 2. 1,2 = B; 3,4 = A  | 12. 1,2 = B; 3,4 = A | 22. 1,2 = B; 3,4 = A | 32. 1,2 = A; 3,4 = B |
| 3. 1,2 = A; 3,4 = B  | 13. 1,2 = A; 3,4 = B | 23. 1,2 = A; 3,4 = B | 33. 1,2 = B; 3,4 = A |
| 4. 1,2 = B; 3,4 = A  | 14. 1,2 = B; 3,4 = A | 24. 1,2 = B; 3,4 = A | 34. 1,2 = B; 3,4 = A |
| 5. 1,2 = A; 3,4 = B  | 15. 1,2 = A; 3,4 = B | 25. 1,2 = A; 3,4 = B | 35. 1,2 = A; 3,4 = B |
| 6. 1,2 = B; 3,4 = A  | 16. 1,2 = B; 3,4 = A | 26. 1,2 = B; 3,4 = A | 36. 1,2 = B; 3,4 = A |
| 7. 1,2 = A; 3,4 = B  | 17. 1,2 = A; 3,4 = B | 27. 1,2 = A; 3,4 = B | 37. 1,2 = A; 3,4 = B |
| 8. 1,2 = B; 3,4 = A  | 18. 1,2 = B; 3,4 = A | 28. 1,2 = B; 3,4 = A | 38. 1,2 = B; 3,4 = A |
| 9. 1,2 = A; 3,4 = B  | 19. 1,2 = A; 3,4 = B | 29. 1,2 = A; 3,4 = B | 39. 1,2 = A; 3,4 = B |
| 10. 1,2 = B; 3,4 = A | 20. 1,2 = B; 3,4 = A | 30. 1,2 = A; 3,4 = B | 40. 1,2 = B; 3,4 = A |

Total number of Type A answers: \_\_\_\_\_ × 1 point each = \_\_\_\_\_

Total number of Type B answers: \_\_\_\_\_ × -1 point each = \_\_\_\_\_

Total score (add lines above) \_\_\_\_\_

Source: Insel, P. M., & Roth, W. T. (1998). Wellness Worksheets to accompany Core Concepts in Health, 8/e. *Worksheet #10*. Copyright 1998 Mayfield Publishing Company. Reprinted by permission of The McGraw-Hill Companies.