

Temperament & Personality

Practical Application Worksheet

Use these reflection questions to explore your child's temperament and how it interacts with your own.
Understanding temperament is the first step to working with it.

Reflection Questions

1. Rate your child on the nine temperament dimensions (low/medium/high): activity level, regularity, approach/withdrawal, adaptability, sensory threshold, intensity, mood, distractibility, persistence.

2. Which of the three temperament styles does your child most resemble? What makes you say that?

3. Now rate yourself on those same dimensions. Where do you and your child match? Where do you differ?

4. Identify one area of 'poor fit' between your temperament and your child's. What could you adjust in the environment or your expectations?

5. Write three positive reframes for traits you've previously seen as challenges in your child.

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