

# 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.**

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

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

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

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

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