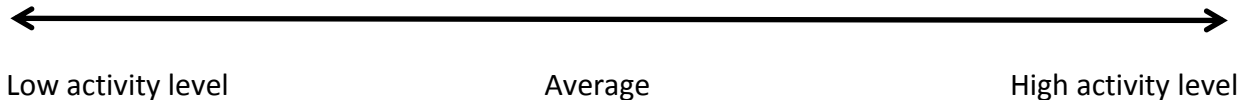


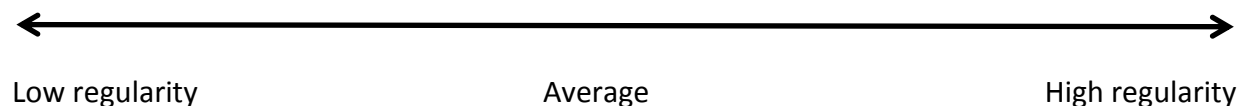
Temperament Scale

Temperament describes differences in behavioral styles of people. Rate yourself on each of the nine traits by placing an X along the continuum where you think you fit.

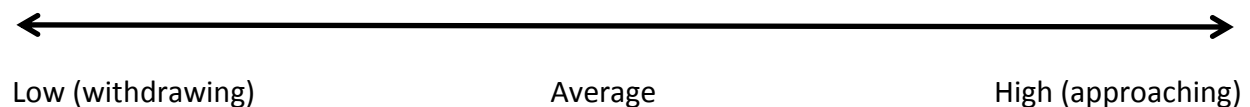
Activity Level: How much physical activity do you do during the day? Are you energetic and active, always on the go (high) – or are you more quiet and do things at a slower pace (low)?



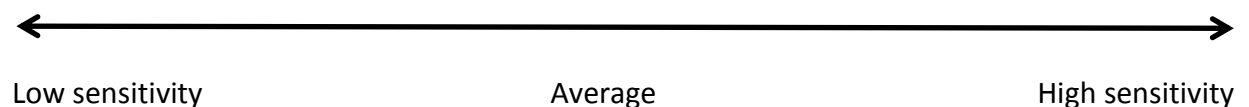
Regularity: How predictable are your daily patterns (eating, sleeping, bathroom, etc.)? Are you more regular/predictable (high) or unregular/unpredictable (low)?



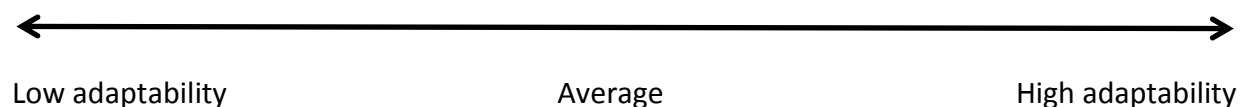
Approachability: How do you react to new people, experiences, places, and things? Do you hesitate (low) or dive right in (high)?



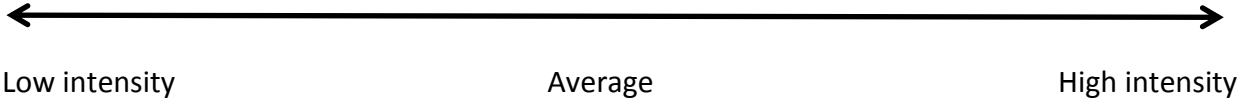
Sensitivity: How do you react to sensory stimulation? Are you highly sensitive to textures, tastes, lights, sounds, temperature, and smells (high) or not (low)?



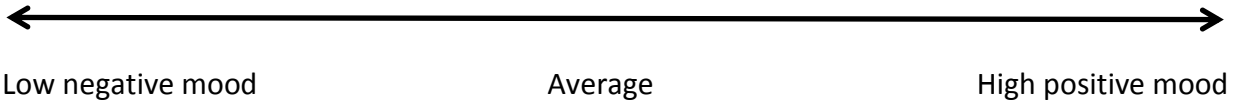
Adaptability: How well do you handle unexpected changes and transitions? Are you flexible (high) or do you need time to adjust (low)? Do you prefer routines (low) or spontaneity (high)?



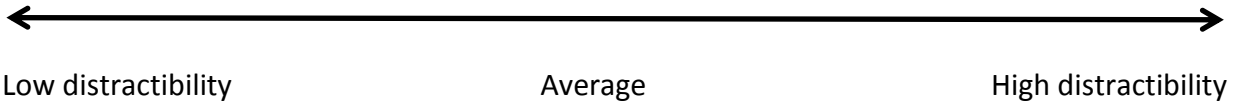
Intensity: How intense are your reactions to things? Are you dramatic, loud, and expressive (high) or quiet and calm (low)?



Mood: How do you tend to feel about things? Are you happy/sad (high) or content/complaining (low)? Is your cup half empty (low) or half full (high)?



Distractibility: How easily are you distracted by things in your immediate environment? Do you hear/see every little thing (high) or do you engage in an activity and become unaware of it (low)?



Persistence/Attention: How long can you continue an activity without interruption? Do you tend to persist until the task is completed (high) or do you get frustrated and quit (low)?

