

Personality Test

Taken from Florence Littauer's Personality Plus: How to Understand Others by Understanding Yourself

Directions: In each of the following rows of four words across, choose the one word that most often applies to you. Continue through all forty lines; be sure each number is marked. If you are not sure which word "most applies," ask a spouse or a friend, and think of what your answer would have been when you were a child.

If you are filling out the PDF version, mark your boxes with the number 1 to auto-calculate your totals.

Strengths

- | | | | |
|--|---|---------------------------------------|--|
| 1. <input type="checkbox"/> Adventurous | <input type="checkbox"/> Adaptable | <input type="checkbox"/> Animated | <input type="checkbox"/> Analytical |
| 2. <input type="checkbox"/> Persistent | <input type="checkbox"/> Playful | <input type="checkbox"/> Persuasive | <input type="checkbox"/> Peaceful |
| 3. <input type="checkbox"/> Submissive | <input type="checkbox"/> Self sacrificing | <input type="checkbox"/> Sociable | <input type="checkbox"/> Strong willed |
| 4. <input type="checkbox"/> Considerate | <input type="checkbox"/> Controlled | <input type="checkbox"/> Competitive | <input type="checkbox"/> Convincing |
| 5. <input type="checkbox"/> Refreshing | <input type="checkbox"/> Respectful | <input type="checkbox"/> Reserved | <input type="checkbox"/> Resourceful |
| 6. <input type="checkbox"/> Satisfied | <input type="checkbox"/> Sensitive | <input type="checkbox"/> Self reliant | <input type="checkbox"/> Spirited |
| 7. <input type="checkbox"/> Planner | <input type="checkbox"/> Patient | <input type="checkbox"/> Positive | <input type="checkbox"/> Promoter |
| 8. <input type="checkbox"/> Sure | <input type="checkbox"/> Spontaneous | <input type="checkbox"/> Scheduled | <input type="checkbox"/> Shy |
| 9. <input type="checkbox"/> Orderly | <input type="checkbox"/> Obliging | <input type="checkbox"/> Outspoken | <input type="checkbox"/> Optimistic |
| 10. <input type="checkbox"/> Friendly | <input type="checkbox"/> Faithful | <input type="checkbox"/> Funny | <input type="checkbox"/> Forceful |
| 11. <input type="checkbox"/> Daring | <input type="checkbox"/> Delightful | <input type="checkbox"/> Diplomatic | <input type="checkbox"/> Detailed |
| 12. <input type="checkbox"/> Cheerful | <input type="checkbox"/> Consistent | <input type="checkbox"/> Cultured | <input type="checkbox"/> Confident |
| 13. <input type="checkbox"/> Idealistic | <input type="checkbox"/> Independent | <input type="checkbox"/> Inoffensive | <input type="checkbox"/> Inspiring |
| 14. <input type="checkbox"/> Demonstrative | <input type="checkbox"/> Decisive | <input type="checkbox"/> Dry Humor | <input type="checkbox"/> Deep |
| 15. <input type="checkbox"/> Mediator | <input type="checkbox"/> Musical | <input type="checkbox"/> Mover | <input type="checkbox"/> Mixes easily |
| 16. <input type="checkbox"/> Thoughtful | <input type="checkbox"/> Tenacious | <input type="checkbox"/> Talker | <input type="checkbox"/> Tolerant |
| 17. <input type="checkbox"/> Listener | <input type="checkbox"/> Loyal | <input type="checkbox"/> Leader | <input type="checkbox"/> Lively |
| 18. <input type="checkbox"/> Contented | <input type="checkbox"/> Chief | <input type="checkbox"/> Chart maker | <input type="checkbox"/> Cute |
| 19. <input type="checkbox"/> Perfectionist | <input type="checkbox"/> Pleasant | <input type="checkbox"/> Productive | <input type="checkbox"/> Popular |
| 20. <input type="checkbox"/> Bouncy | <input type="checkbox"/> Bold | <input type="checkbox"/> Behaved | <input type="checkbox"/> Balanced |

Weaknesses

- | | | | |
|---|--|---|---|
| 21. <input type="checkbox"/> Blank | <input type="checkbox"/> Bashful | <input type="checkbox"/> Brassy | <input type="checkbox"/> Bossy |
| 22. <input type="checkbox"/> Undisciplined | <input type="checkbox"/> Unsympathetic | <input type="checkbox"/> Unenthusiastic | <input type="checkbox"/> Unforgiving |
| 23. <input type="checkbox"/> Reticent | <input type="checkbox"/> Resentful | <input type="checkbox"/> Resistant | <input type="checkbox"/> Repetitious |
| 24. <input type="checkbox"/> Fussy | <input type="checkbox"/> Fearful | <input type="checkbox"/> Forgetful | <input type="checkbox"/> Frank |
| 25. <input type="checkbox"/> Impatient | <input type="checkbox"/> Insecure | <input type="checkbox"/> Indecisive | <input type="checkbox"/> Interrupts |
| 26. <input type="checkbox"/> Unpopular | <input type="checkbox"/> Uninvolved | <input type="checkbox"/> Unpredictable | <input type="checkbox"/> Unaffectionate |
| 27. <input type="checkbox"/> Headstrong | <input type="checkbox"/> Haphazard | <input type="checkbox"/> Hard to please | <input type="checkbox"/> Hesitant |
| 28. <input type="checkbox"/> Plain | <input type="checkbox"/> Pessimistic | <input type="checkbox"/> Proud | <input type="checkbox"/> Permissive |
| 29. <input type="checkbox"/> Angered easily | <input type="checkbox"/> Aimless | <input type="checkbox"/> Argumentative | <input type="checkbox"/> Alienated |
| 30. <input type="checkbox"/> Naive | <input type="checkbox"/> Negative attitude | <input type="checkbox"/> Nervy | <input type="checkbox"/> Nonchalant |
| 31. <input type="checkbox"/> Worrier | <input type="checkbox"/> Withdrawn | <input type="checkbox"/> Workaholic | <input type="checkbox"/> Wants credit |
| 32. <input type="checkbox"/> Too sensitive | <input type="checkbox"/> Tactless | <input type="checkbox"/> Timid | <input type="checkbox"/> Talkative |
| 33. <input type="checkbox"/> Doubtful | <input type="checkbox"/> Disorganized | <input type="checkbox"/> Domineering | <input type="checkbox"/> Depressed |
| 34. <input type="checkbox"/> Inconsistent | <input type="checkbox"/> Introvert | <input type="checkbox"/> Intolerant | <input type="checkbox"/> Indifferent |
| 35. <input type="checkbox"/> Messy | <input type="checkbox"/> Moody | <input type="checkbox"/> Mumbles | <input type="checkbox"/> Manipulative |
| 36. <input type="checkbox"/> Slow | <input type="checkbox"/> Stubborn | <input type="checkbox"/> Show-off | <input type="checkbox"/> Skeptical |
| 37. <input type="checkbox"/> Loner | <input type="checkbox"/> Lord over others | <input type="checkbox"/> Lazy | <input type="checkbox"/> Loud |
| 38. <input type="checkbox"/> Sluggish | <input type="checkbox"/> Suspicious | <input type="checkbox"/> Short tempered | <input type="checkbox"/> Scatterbrained |
| 39. <input type="checkbox"/> Revengeful | <input type="checkbox"/> Restless | <input type="checkbox"/> Reluctant | <input type="checkbox"/> Rash |
| 40. <input type="checkbox"/> Compromising | <input type="checkbox"/> Critical | <input type="checkbox"/> Crafty | <input type="checkbox"/> Changeable |

Personality Scoring Sheet

Transfer all your marks from the first sheet to this sheet and add up your totals.

The words are in a different order on the profile and scoring sheets

Strengths

	Popular Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
1.	___ Animated	___ Adventurous	___ Analytical	___ Adaptable
2.	___ Playful	___ Persuasive	___ Persistent	___ Peaceful
3.	___ Sociable	___ Strong Willed	___ Self sacrificing	___ Submissive
4.	___ Convincing	___ Competitive	___ Considerate	___ Controlled
5.	___ Refreshing	___ Resourceful	___ Respectful	___ Reserved
6.	___ Spirited	___ Self reliant	___ Sensitive	___ Satisfied
7.	___ Promoter	___ Positive	___ Planner	___ Patient
8.	___ Spontaneous	___ Sure	___ Scheduled	___ Shy
9.	___ Optimistic	___ Outspoken	___ Orderly	___ Obliging
10.	___ Funny	___ Forceful	___ Faithful	___ Friendly
11.	___ Delightful	___ Daring	___ Detailed	___ Diplomatic
12.	___ Cheerful	___ Confident	___ Cultured	___ Consistent
13.	___ Inspiring	___ Independent	___ Idealistic	___ Inoffensive
14.	___ Demonstrative	___ Decisive	___ Deep	___ Dry humor
15.	___ Mixes easily	___ Mover	___ Musical	___ Mediator
16.	___ Talker	___ Tenacious	___ Thoughtful	___ Tolerant
17.	___ Lively	___ Leader	___ Loyal	___ Listener
18.	___ Cute	___ Chief	___ Chart maker	___ Contented
19.	___ Popular	___ Productive	___ Perfectionist	___ Pleasant
20.	___ Bouncy	___ Bold	___ Behaved	___ Balanced

Weaknesses

21.	___ Brassy	___ Bossy	___ Bashful	___ Blank
22.	___ Undisciplined	___ Unsympathetic	___ Unforgiving	___ Unenthusiastic
23.	___ Repetitious	___ Resistant	___ Resentful	___ Reticent
24.	___ Forgetful	___ Frank	___ Fussy	___ Fearful
25.	___ Interrupts	___ Impatient	___ Insecure	___ Indecisive
26.	___ Unpredictable	___ Unaffectionate	___ Unpopular	___ Uninvolved
27.	___ Haphazard	___ Headstrong	___ Hard to please	___ Hesitant
28.	___ Permissive	___ Proud	___ Pessimistic	___ Plain
29.	___ Angered easily	___ Argumentative	___ Alienated	___ Aimless
30.	___ Naive	___ Nervy	___ Negative attitude	___ Nonchalant
31.	___ Wants credit	___ Workaholic	___ Withdrawn	___ Worrier
32.	___ Talkative	___ Tactless	___ Too sensitive	___ Timid
33.	___ Disorganized	___ Domineering	___ Depressed	___ Doubtful
34.	___ Inconsistent	___ Intolerant	___ Introvert	___ Indifferent
35.	___ Messy	___ Manipulative	___ Moody	___ Mumbles
36.	___ Show-off	___ Stubborn	___ Skeptical	___ Slow
37.	___ Loud	___ Lord over others	___ Loner	___ Lazy
38.	___ Scatterbrained	___ Short tempered	___ Suspicious	___ Sluggish
39.	___ Restless	___ Rash	___ Revengeful	___ Reluctant
40.	___ Changeable	___ Crafty	___ Critical	___ Compromising

Totals:

This test is very easy to interpret. Once you've transferred your answers to the scoring sheet, added your totals in each of the four columns, you'll know your dominant personality type (and least dominant type). You'll also know what combination you are.

****Note:** As Christians, and especially as Christian leaders, we should use personality tests to better understand ourselves and others. They are not intended to lock us in to one particular personality. i.e. We are not allowed to blame our sin on our personality type. We are not slaves to our personality, we are slaves to Christ. If Christ is changing us day by day, He will sand away our rough edges so that we will become more like Him.

THE TEMPERAMENTS

POPULAR SANGUINE

BASIC DESIRE: HAVE FUN

Emotional Needs:

Attention
Affection
Approval
Acceptance

Controls by: Charm

LEAD

Extroverted • Optimistic • Outspoken

POWERFUL CHOLERIC

BASIC DESIRE: HAVE CONTROL

Emotional Needs:

Loyalty
Sense of Control
Appreciation
Credit for Work

Controls by: Anger

PLAY

Witty • Easygoing • Not Goal Oriented

WORK

Decisive • Organized • Goal Oriented

PEACEFUL PHLEGMATIC

BASIC DESIRE: HAVE PEACE

Emotional Needs:

Peace and Quiet
Feeling of Worth
Lack of Stress
Respect

Controls by: Procrastination

ANALYZE

Introverted • Pessimistic • Soft-Spoken

PERFECT MELANCHOLY

BASIC DESIRE: HAVE PERFECTION

Emotional Needs:

Sensitivity
Support
Space
Silence

Controls by: Moods

**PLAYFUL
YELLOW**

Fun loving
Outgoing
Life of the Party
Optimistic

"I'm the quintessential people person. I enjoy being the center of attention and am energized by being with people. I'm bold and loud in almost everything I do."

**POWERFUL
RED**

Born Leader
"Get Things Done" Person
Visionary
Decision Maker

"I'm a strong leader. I am very task-oriented and often find myself doing multiple tasks at one time. If I am not in charge, I want to be."

**PERSONALITY
PROFILES**

**PEACEFUL
GREEN**

Relaxed
Likeable
Peaceable
Low-Stressed

"I'm laid back and go with the flow most of the time. I can be different things to different people, and respond as needed in different situations."

**PROPER
BLUE**

Organized
Detail-Oriented
Accurate
Deep Thinker

"I tend to be a quiet person, and I am energized by time alone. I like things functional and efficient, and I appreciate things like agendas, detailed instructions, and strong follow-through.."

PLAYFUL YELLOW

Strengths

- People Person
- Humor
- Creative and Colorful
- Great Storyteller

Weaknesses

- Disorganized
- Talks Too Much
- Easily Distracted
- Often Late

POWERFUL RED

Strengths

- Decisive
- Works Well Under Pressure
- Production-Oriented
- Great Leader

Weaknesses

- Too Opinionated
- Workaholic
- Overly Intense
- Insensitive

PERSONALITY PROFILES

PEACEFUL GREEN

Strengths

- Adaptable
- Good Under Pressure
- Good Listener
- Kind

Weaknesses

- Too Quiet
- Procrastinator
- Stubborn
- Avoids Conflict

PROPER BLUE

Strengths

- Attention to Detail
- Good With Numbers
- Great at Process/Systems
- Self-Starter/Initiative

Weaknesses

- Lacks Spontaneity
- Struggles Under Pressure
- Hard to Please
- Can't Function Without Structure