

# Personality Traits

1. Complete the personality traits self-assessment below.
2. Create a "Top Ten" list of the characteristics, from the assessment, you would most like others to describe you as possessing. Use the back of this sheet.
3. Interview two people (at least one family member) for comparison purposes. See the attached sheet. It is helpful to share your self-assessment, after the interview, and discuss your different perceptions.

Tactless/Rude	1	2	3	4	5	Diplomatic
Frantic/Worried	1	2	3	4	5	Calm
Indifferent	1	2	3	4	5	Compassionate
Insecure	1	2	3	4	5	Confident
Uncooperative	1	2	3	4	5	Cooperative
Cautious	1	2	3	4	5	Courageous
Apathetic	1	2	3	4	5	Enthusiastic
Fickle	1	2	3	4	5	Faithful/Loyal
Stingy	1	2	3	4	5	Generous
Dishonest	1	2	3	4	5	Honest
Pessimistic	1	2	3	4	5	Optimistic
Disorganized	1	2	3	4	5	Organized
Impatient	1	2	3	4	5	Patient
Unreliable	1	2	3	4	5	Dependable
Inflexible	1	2	3	4	5	Resilient
Disrespectful	1	2	3	4	5	Respectful
Lazy	1	2	3	4	5	Self-disciplined
Irresponsible	1	2	3	4	5	Responsible
Artificial	1	2	3	4	5	Sincere
Selfish	1	2	3	4	5	Unselfish



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# Comparison Interview

Self-assessment is important. It is also helpful/enlightening to know how others describe us. Another's perspective may be quite different. Ask 2 people who know you well to describe you – one must be a family member.

First person chosen: \_\_\_\_\_

Your relationship: \_\_\_\_\_

Length of acquaintance: \_\_\_\_\_

## Interview

General temperament \_\_\_\_\_

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Personality traits/characteristics \_\_\_\_\_

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Things you value \_\_\_\_\_

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## Evaluation

Does this description match your own? In what way(s) does it differ from your self-perception? \_\_\_\_\_

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Second person chosen: \_\_\_\_\_

Your relationship: \_\_\_\_\_

Length of acquaintance: \_\_\_\_\_

### Interview

General temperament \_\_\_\_\_

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Personality traits/characteristics \_\_\_\_\_

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Things you value \_\_\_\_\_

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### Evaluation

Does this description match your own? In what way(s) does it differ from your self-perception? \_\_\_\_\_

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