

Name: _____ Date: _____

Personality Quiz

	Often	Sometimes	Rarely	Never
1. Do you like to have time to sit and daydream?	_____	_____	_____	_____
2. Do you like to go out a lot?	_____	_____	_____	_____
3. Do you prefer reading to being with other people?	_____	_____	_____	_____
4. Do you often leave things to the last minute?	_____	_____	_____	_____
5. When angry, do you wait till you have cooled off before speaking?	_____	_____	_____	_____
6. Are you quite talkative when you're with a group of friends?	_____	_____	_____	_____
7. Can you keep an exciting secret for a long time?	_____	_____	_____	_____
8. When watching a very funny show, do you laugh louder than most of the people around you?	_____	_____	_____	_____
9. Do you often stop to analyse your own thoughts and feelings?	_____	_____	_____	_____
10. Do you look forward to new experiences?	_____	_____	_____	_____

Answer each one of the questions by putting an X in one of the four spaces (Often, Sometimes, Rarely, Never). Remember, there are no right or wrong answers. Whatever answer describes you is correct. After you have finished, score the test in this way:

- Put a number beside each one of your answers: Often = 4, Sometimes = 3, Rarely = 2, Never = 1.
- Add your score for the odd-numbered questions (1, 3, 5, 7, 9) and record it.
- Add your score for the even-numbered questions (2, 4, 6, 8, 10) and record it.

Your teacher will help you understand what your two scores mean.

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Different People, Different Styles

“He has no personality.” “She has a great personality.” “He has lots of personality.” What *is* personality? Is it something that certain people have a lot of, and others, not very much? People often talk about personality as if it was something that we *have*, but personality is really something that we *are*.

Each one of us has a unique style of being a person. When we talk about personality we are really talking about this style — the physical, intellectual, social, emotional, and spiritual characteristics that distinguish each of us from all others. Personality has a strong influence on our relationships with other people, on the way we interpret our experience, and at times even on the way we think.

Serious, shy, outgoing, lively, reliable, calm, anxious, reserved, impulsive, quiet, pessimistic, independent — these are only some of the many personality characteristics or traits that people demonstrate.

Personality is not the same thing as mood. Mood refers to the way a person feels at a particular time. Someone who is in a bad mood is feeling unhappy or angry at that time. This doesn't mean that the person has an unhappy or angry personality. In fact, it could be that he or she is rarely in a bad mood, but something sad or unfair has recently happened.

Sometimes we use the word *moody* to describe someone who is frequently sad, upset, or angry. In this case, moodiness is one of the person's personality traits. People whose moods change rapidly — one minute they're up, the next minute they're down — are often described as changeable or unpredictable.

