

# Personality Temperament Test

**INSTRUCTIONS:** This is a Personality Temperament Test taken from Tim LaHaye's book, "Why You Act the Way You Do". It helps assess your temperament of potential strengths & weaknesses. It's very simple and takes about 45 minutes to complete. There are 4 Sections below. In each section you will find a series of descriptive words. Your job is to read each word and put a number next to it according to how well it describes the REAL you. After you have completed all 4 Sections go to page 2 for further instructions. To get a more accurate assessment of your temperament have 3-4 close friends &/or family members also complete a test about your temperament.

**REMEMBER:** It's important that you be honest and objective. Don't mark a box according to how you want to be seen, rather mark it according to how you really are. If it is NATURALLY who you are then it isn't something that you are "working on" nor is it something that requires a lot of effort in order for you to be that way. It just comes natural. Some of the descriptive words below are very flattering words and some are unflattering words. Don't answer according to how you want to be or don't want to be. **BE COMPLETELY 100% HONEST WITH YOURSELF.... BE RAW ABOUT WHO YOU ARE RIGHT NOW AT THIS POINT IN YOUR LIFE.**

SCORING CRITERIA: Score how each word best describes you:			
1 =	"That is definitely NOT me!"	2 =	"That is usually NOT me."
3 =	"That is usually me."	4 =	"That is mostly me."
5 = "That IS definitely me!"			

SECTION 01	SECTION 02	SECTION 03	SECTION 04
<input type="checkbox"/> emotional <input type="checkbox"/> egotistical <input type="checkbox"/> interrupts others <input type="checkbox"/> compassionate <input type="checkbox"/> impulsive <input type="checkbox"/> disorganized <input type="checkbox"/> impractical <input type="checkbox"/> funny <input type="checkbox"/> forgetful <input type="checkbox"/> easily discouraged <input type="checkbox"/> very positive <input type="checkbox"/> easily angered <input type="checkbox"/> undisciplined <input type="checkbox"/> extrovert <input type="checkbox"/> refreshing <input type="checkbox"/> lively/spirited <input type="checkbox"/> weak-willed <input type="checkbox"/> spontaneous <input type="checkbox"/> talkative <input type="checkbox"/> delightful/cheerful <input type="checkbox"/> enjoyable <input type="checkbox"/> popular <input type="checkbox"/> friendly/sociable <input type="checkbox"/> "bouncy" <input type="checkbox"/> restless <input type="checkbox"/> difficulty concentrating <input type="checkbox"/> likes to play <input type="checkbox"/> difficulty keeping <input type="checkbox"/> resolutions <input type="checkbox"/> lives in the present <input type="checkbox"/> difficulty with <input type="checkbox"/> appointments	<input type="checkbox"/> optimistic <input type="checkbox"/> determined <input type="checkbox"/> bossy <input type="checkbox"/> goal-oriented <input type="checkbox"/> decisive <input type="checkbox"/> frank <input type="checkbox"/> self-confident <input type="checkbox"/> sarcastic <input type="checkbox"/> workaholic <input type="checkbox"/> self-sufficient <input type="checkbox"/> practical <input type="checkbox"/> headstrong <input type="checkbox"/> activist <input type="checkbox"/> outgoing <input type="checkbox"/> domineering <input type="checkbox"/> adventurous <input type="checkbox"/> aggressive <input type="checkbox"/> competitive <input type="checkbox"/> leadership ability <input type="checkbox"/> daring <input type="checkbox"/> persevering <input type="checkbox"/> bold <input type="checkbox"/> strong-willed <input type="checkbox"/> persuasive <input type="checkbox"/> hot-tempered <input type="checkbox"/> resourceful <input type="checkbox"/> insensitive <input type="checkbox"/> outspoken <input type="checkbox"/> unsympathetic <input type="checkbox"/> productive	<input type="checkbox"/> deep feeling <input type="checkbox"/> critical <input type="checkbox"/> insecure <input type="checkbox"/> sensitive <input type="checkbox"/> indecisive <input type="checkbox"/> hard to please <input type="checkbox"/> self-centered <input type="checkbox"/> pessimistic <input type="checkbox"/> depressed easily <input type="checkbox"/> easily offended <input type="checkbox"/> idealistic <input type="checkbox"/> loner <input type="checkbox"/> self-sacrificing <input type="checkbox"/> introvert <input type="checkbox"/> faithful friend <input type="checkbox"/> analytical <input type="checkbox"/> considerate <input type="checkbox"/> likes behind the <input type="checkbox"/> scenes <input type="checkbox"/> suspicious <input type="checkbox"/> respectful <input type="checkbox"/> introspective <input type="checkbox"/> planner <input type="checkbox"/> perfectionist <input type="checkbox"/> scheduled <input type="checkbox"/> unforgiving/ <input type="checkbox"/> resents <input type="checkbox"/> orderly <input type="checkbox"/> creative <input type="checkbox"/> detailed <input type="checkbox"/> moody <input type="checkbox"/> gifted (musically <input type="checkbox"/> or athletically)	<input type="checkbox"/> very quiet <input type="checkbox"/> selfish <input type="checkbox"/> unenthusiastic <input type="checkbox"/> negative <input type="checkbox"/> regular daily habits <input type="checkbox"/> hesitant <input type="checkbox"/> shy <input type="checkbox"/> stingy <input type="checkbox"/> aimless <input type="checkbox"/> not aggressive <input type="checkbox"/> stubborn <input type="checkbox"/> worrier <input type="checkbox"/> spectator of life <input type="checkbox"/> works well under <input type="checkbox"/> pressure <input type="checkbox"/> indecisive <input type="checkbox"/> adaptable <input type="checkbox"/> slow and lazy <input type="checkbox"/> submissive to others <input type="checkbox"/> easy going <input type="checkbox"/> reserved <input type="checkbox"/> calm and cool <input type="checkbox"/> content/satisfied <input type="checkbox"/> efficient <input type="checkbox"/> patient <input type="checkbox"/> dependable <input type="checkbox"/> listener <input type="checkbox"/> witty/dry humor <input type="checkbox"/> pleasant <input type="checkbox"/> teases other <input type="checkbox"/> consistent

**ONCE YOU HAVE COMPLETED ALL OF THE ABOVE SECTIONS GO TO PAGE 2**

## Marriage Indicator

---

o Discouraging	o Exciting	o Satisfying	o Uncertain
o Hopeless	o Happy	o Peaceful	o Confusing
o Empty	o Hopeful	o Committed	o Stressful
o Harsh	o Nurturing	o Secure	o Frustrating
o Resentful	o Open	o Trusting	o Tired
o Destructive	o Fresh	o Relaxed	o Distant
o Rejection	o Anticipation	o Appreciation	o Apprehension
o Tension	o Sharing	o Honest	o Drifting
o Give up	o Making Plans	o Teamwork	o Apathetic
o Critical	o Caring	o Connected	o Concerned
o Angry	o Joyful	o Understanding	o Burned out
o Disappointed	o Optimistic	o Comfortable	o Neglectful
o Untrusting	o Tender	o Supportive	o Afraid
o Withdrawn	o Growing	o Attached	o Detached
o Cold	o Alive	o Content	o Prideful
o Unforgiving	o Willing to change	o Overlook flaws	o Growing apart
<b>Column 1 Total</b>	<b>Column 2 Total</b>	<b>Column 3 Total</b>	<b>Column 4 Total</b>



# *The Artwork of God*

**Now that you've taken the survey, what does it all mean?** Each letter (L,O,G,B) stands for a particular personality type. The column with the highest score is your dominant personality type, while the column with the second highest number is your sub-dominant type. While you are a combination of all four personality types, the two types with the highest scores reveal the most accurate picture of your natural inclinations, strengths, and weaknesses, and how you will naturally respond in most situations.

**The four personality types can be likened to animals** to make them easier to understand and remember. On the following pages are the complete descriptions of each one.



# The Artwork of God

## L=Lions

Lions are leaders. They are usually the bosses at work....or at least they think they are! They are decisive, bottom line folks who are observers, not watchers or listeners. They love to solve problems. They are usually individualists who love to seek new adventures and opportunities.

Lions are very confident and self-reliant. In a group setting, if no one else instantly takes charge, the Lion will. Unfortunately, if they don't learn how to tone down their aggressiveness, their natural dominating traits can cause problems with others. Most entrepreneurs are strong lions, or at least have a lot of lion in them.

Natural Strengths	Natural Weaknesses
Decisive	Impatient
Goal-Oriented	Blunt
Achievement driven	Poor Listener
Gets Results	Impulsive
Independent	Demanding
Risk-taker	May view projects more important than people
Takes charge	Can be insensitive to the feelings of others
Self-starter	May "run over" others who are slower to act or speak
Persistent	Fears inactivity, relaxation
Efficient	Quickly bored by routine or mechanics
Competitive	
Enjoys challenges, variety, and change	
Driven to complete projects quickly and effectively	

**Basic Disposition:** Fast paced, task oriented

**Motivated by:** Results; challenge, action, power, and credit for achievement

**Time Management:** Lions focus on NOW instead of distant future. They get a lot more done in a lot less time than their peers. Hate wasting time; and like to *get right to the point*.

**Communication Style:** Great at initiating communication; not good at listening (one-way communicator)

**Decision Making:** Impulsive; makes quick decisions with goal or end result in mind. Results-focused. Needs very few facts to make a decision.

**In Pressure or Tense Situations:** The lion takes *command* and becomes autocratic.

**Greatest Needs:** The lion needs to see results, experience variety, and face new challenges. He needs to solve problems and wants *direct* results.

**What the Lion Desires:** Freedom, authority, variety, difficult assignments, opportunity for advancement.



# The Artwork of God

## O=Otters

Otters are excitable, fun seeking, cheerleader types who love to talk! They're great at motivating others and need to be in an environment where they can talk and have a vote on major decisions. The otters' outgoing nature makes them great *networkers* – they usually know a lot of people who know a lot of people. They can be very loving and encouraging unless under pressure, when they tend to use their verbal skills to attack. They have a strong desire to be liked and enjoy being the center of attention. They are often very attentive to style, clothes, and *flash*. Otters are the life of any party; and most people really enjoy being around them.

Natural Strengths	Natural Weaknesses
Enthusiastic	Unrealistic
Optimistic	Not detail-oriented
Good Communicator	Disorganized
Emotional and Passionate	Impulsive
Motivational and Inspirational	Listens to <i>feelings</i> above <i>logic</i>
Outgoing	Reactive
Personal	Can be too talkative
Dramatic	Excitable
Fun-loving	

**Basic Disposition:** Fast paced. People-oriented.

**Motivated by:** Recognition and approval of others.

**Time Management:** Otters focus on the future and have a tendency to rush to the next exciting thing.

**Communication Style:** Enthusiastic and stimulating, often one-way; but can inspire and motivate others.

**Decision Making:** Intuitive and fast. Makes lots of “right calls” and lots of wrong ones.

**In Pressure or Tense Situations:** The otter ATTACKS. Can be more concerned about their popularity than about achieving tangible results.

**Greatest Needs:** The otter needs social activities and recognition; activities that are fun, and freedom from details.

**What the Otter Desires:** Prestige, friendly relationships, opportunity to help and motivate others, and opportunities to verbally share their ideas.



# *The Artwork of God*

## **G=Golden Retrievers**

One word describes these people: LOYAL. They are so loyal, in fact, that they can absorb the most emotional pain and punishment in a relationship and still stay committed. They are great listeners, incredibly empathetic and warm encouragers. However, they tend to be such pleasers that they can have great difficulty being assertive in a situations or relationship when it's needed.

<b>Natural Strengths</b>	<b>Natural Weaknesses</b>
<b>Patient</b>	<b>Indecisive</b>
<b>Easy-going</b>	<b>Over-accommodating</b>
<b>Team player</b>	<b>May sacrifice results for the sake of harmony</b>
<b>Stable</b>	<b>Slow to initiate</b>
<b>Empathetic</b>	<b>Avoids confrontation even when needed</b>
<b>Compassionate</b>	<b>Tends to hold grudges and remember hurts inflicted by others</b>
<b>Sensitive to feelings of others</b>	<b>Fears change</b>
<b>Tremendously loyal</b>	
<b>Puts people above projects</b>	
<b>Dependable</b>	
<b>Reliable</b>	
<b>Supportive</b>	
<b>Agreeable</b>	

**Basic Disposition:** Slow paced. People-oriented.

**Motivated by:** Desire for good relationships and appreciation of others.

**Time Management:** Golden Retrievers focus on the present and devote lots of time to helping others and building relationships.

**Communication Style:** Two-way communicator; great listener and provides empathetic response.

**Decision Making:** Makes decisions more slowly, wants input from others, and often yields to the input.

**In Pressure or Tense Situations:** The Golden Retriever needs security; gives in the opinions, ideas, and wishes of others. Often too tolerant.

**Greatest Needs:** The Golden Retriever needs security; gradual change and time to adjust to it; an environment free of conflict.

**What the Golden Retriever Desires:** Quality relationships; security; consistent known environment; a relaxed and friendly environment; freedom to work at own pace.



# The Artwork of God

## B= Beavers

Beavers have a strong need to do things right and *by the book*. In fact, they are the kind of people who actually read the instruction manuals. They are great at providing quality control in an office, and will provide quality control in any situation or field that demands accuracy, such as accounting, engineering, etc. Because rules, consistency and high standards are so important to beavers, they are often frustrated with others who do not share these same characteristics. Their strong need for maintaining high (and oftentimes unrealistic) standards can short-circuit their ability to express warmth in a relationship.

Natural Strengths	Natural Weaknesses
Accurate	Too hard on self
Analytical	Too critical of others
Detail-oriented	Perfectionist
Thoroughness	Overly cautious
Industrious	Won't make decisions without "all" the facts
Orderly	Too picky
Methodical and exhaustive	Overly sensitive
Intuitive	
Controlled	

**Basic Disposition:** Slow paced. Task oriented.

**Motivated by:** The desire to be right and maintain quality.

**Time Management:** Beavers tend to work slowly to make sure they are accurate.

**Communication Style:** Beavers are good listeners, communicate details, and are usually diplomatic.

**Decision Making:** Avoids making decisions; needs lots of information before they make a decision.

**In Pressure or Tense Situations:** The beaver tries to avoid pressure or tense situations. They can ignore deadlines.

**Greatest Needs:** The beaver needs security, gradual change, and time to adjust to it.

**What the Beaver Desires:** Clearly defined tasks, stability, security, low risk, and tasks that require precision and planning.



# The Artwork of God

## Summary of a Summer Marriage Season

<i>Emotions</i>	Happiness, satisfaction, accomplishments, connection, affection, and feelings of appreciation
<i>Attitudes</i>	Trust, genuine commitment to growth, relaxed
<i>Actions</i>	Communicating constructively, accepting differences, attending seminars, reading books together, growing spiritually
<i>Climate of Relationship</i>	Comfortable, attached, supportive, understanding. In the summer season of marriage, the dreams of spring have come true. Couples enjoy a great deal of satisfaction from their accomplishments. They are resolving conflicts in a positive manner. Having accepted their differences, they are seeking to turn them into assets for their relationship. Husbands and wives have a growing sense of togetherness.





# The Artwork of God

## Summary of a Spring Marriage Season

<i>Emotions</i>	Excitement, joy, hope
<i>Attitudes</i>	Anticipation, optimism, gratitude, love, trust
<i>Actions</i>	Nurturing, planning, communicating, seeking help when needed
<i>Climate of Relationship</i>	Vital, tender, open, caring. Spring is a time of new beginnings. The flowers of the relationship are blooming. The streams of communication are flowing. There is a sense of excitement about life together. Couples are excited about their plans. They have great hopes for the future. They are planting seeds from which they hope to reap a great relationship harvest.



# The Artwork of God

## Summary of a Fall Marriage Season

<i>Emotions</i>	Fear, sadness, dejection, apprehension, discouragement, resentment, feelings of being unappreciated
<i>Attitudes</i>	Concern, uncertainty, blaming
<i>Actions</i>	Neglect, failure to face issues, denial
<i>Climate of Relationship</i>	Drifting apart, disengaging. In the fall season, couples sense that something is happening but they're not sure what. There is a sense of detachment. One or both spouses begin to feel neglected. Couples realize there are some issues they are not facing squarely. It seems that they are disengaging emotionally, and each tends to blame the other. If they have lived in the fall season for a while, their friends and family may be recognizing the changes – and be silently concerned.



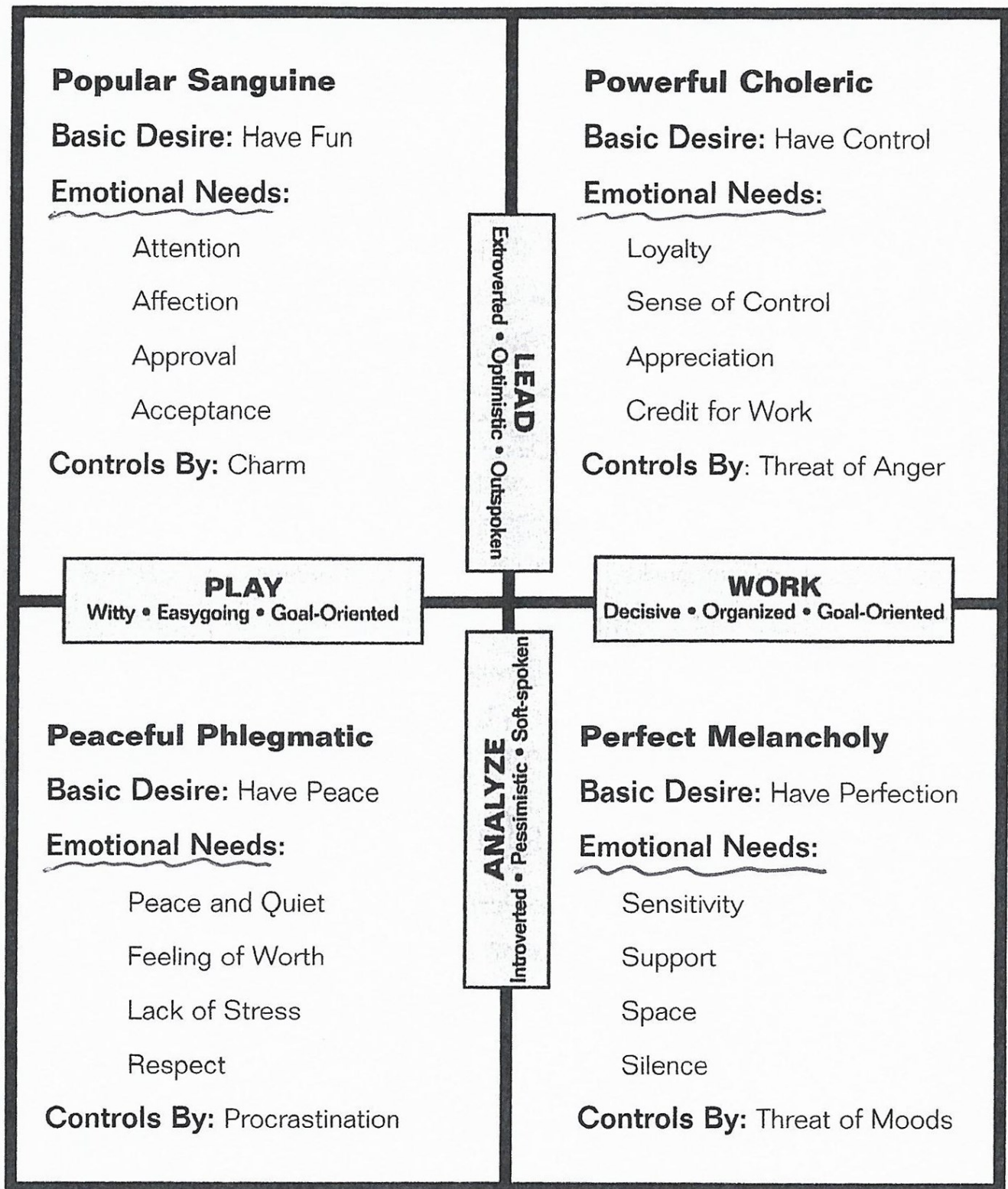
# The Artwork of God

## Summary of a Winter Marriage Season

<i>Emotions</i>	Hurt, anger, disappointment, loneliness, feeling rejected
<i>Attitudes</i>	Negativity, discouragement, frustration, hopelessness
<i>Actions</i>	Destructive, speaking harshly, not speaking, violent, controlling, passive aggressive, abusive
<i>Climate of Relationship</i>	Detached, cold, harsh, bitter. In the winter season of marriage, couples are unwilling to negotiate differences. Conversations turn to arguments, or spouses withdraw in silence. There is no sense of togetherness. The marriage is like two people living in separate igloos – a freezing cold environment with little to no positive interactions. All interactive outcomes turn negative.



# The Personalities



## *Marital Balance Sheet*

<b>POPULAR SANGUINE THE "FUN" MARRIAGE</b>		<b>POWERFUL CHOLERIC THE "ACTIVE" MARRIAGE</b>	
<b>Assets</b>	<b>Liabilities</b>	<b>Assets</b>	<b>Liabilities</b>
Spontaneous	Lack of plans and goals	Goal-oriented	Struggle for control
Exciting	Unstable	Clear boundaries	Overcommitted and late
Enthusiastic	Flirtatious	High accomplishments	No time for relationship
Keep marriage fresh	Messy	Respect each other	Two careers pulling on marriage
Flexible	No one listens	High energy	Marriage a low priority
Compromising	Relationship remains superficial	Championing causes	Blurring of personal and professional boundaries
Forgiving	Fail to put down roots	Firm parents	Shouting contests
Play with children	Blurred generational boundaries	Quick sex	Fear of sharing
Creative sex	Financial matters lack budgeting, accounting and retirement planning		
<b>PEACEFUL PHLEGMATIC THE "RELAXED" MARRIAGE</b>		<b>PERFECT MELANCHOLY THE "ORGANIZED" MARRIAGE</b>	
<b>Assets</b>	<b>Liabilities</b>	<b>Assets</b>	<b>Liabilities</b>
Stable	Low accomplishment	Neat home	Critical
Agreeable	Lack of planning	Long-range plans	Danger of mid-life crisis
Content	Kids can take over	Financial order	Depressed and brooding
Low pressure	Dull	Punctual	Keep record of wrongs
Satisfied	Control is passive-aggressive	Value education	Reinforce each other's negativity
Modest	Lack of communication	Remember important dates	Stuck in routines
Lack of direction	Loss of individual identity	Committed to each other	May be unfaithful
Patient with children	Blurred generational boundaries	Loving and protective with children	Repeat maladaptive behaviors
Special-event sex	Fear of conflict	Romantic sex	High expectations place heavy burden on relationships

