

NAME: _____

GRADE: _____

Test

Rating	I....	Rating	I....
	1. Am the life of the party.		26. Have little to say.
	2. Feel little concern for others.		27. Have a soft heart.
	3. Am always prepared.		28. Often forget to put things back in their proper place.
	4. Get stressed out easily.		29. Get upset easily.
	5. Have a rich vocabulary.		30. Do not have a good imagination.
	6. Don't talk a lot.		31. Talk to a lot of different people at parties.
	7. Am interested in people.		32. Am not really interested in others.
	8. Leave my belongings around.		33. Like order.
	9. Am relaxed most of the time.		34. Change my mood a lot.
	10. Have difficulty understanding abstract ideas.		35. Am quick to understand things.
	11. Feel comfortable around people.		36. Don't like to draw attention to myself.
	12. Insult people.		37. Take time out for others.
	13. Pay attention to details.		38. Shirk my duties.
	14. Worry about things.		39. Have frequent mood swings.
	15. Have a vivid imagination.		40. Use difficult words.
	16. Keep in the background.		41. Don't mind being the center of attention.
	17. Sympathize with others' feelings.		42. Feel others' emotions.
	18. Make a mess of things.		43. Follow a schedule.
	19. Seldom feel blue.		44. Get irritated easily.
	20. Am not interested in abstract ideas.		45. Spend time reflecting on things.
	21. Start conversations.		46. Am quiet around strangers.
	22. Am not interested in other people's problems.		47. Make people feel at ease.
	23. Get chores done right away.		48. Am exacting in my work.
	24. Am easily disturbed.		49. Often feel blue.
	25. Have excellent ideas.		50. Am full of ideas.

Communicating emotions

Question	Your answer	
	Yes	No
If you are sad, grieving or mourning, do you allow yourself to weep? Do you allow trusted others to see your tears?		
Can you express anger freely and non-destructively, then let it go?		
Do you quickly let go of grudges and resentment?		
When you are afraid, do you let trusted others see your fear?		
Are you able to recognise when you need help, then ask for help or support?		
Can you receive help, as well as give it?		
Can you say 'no' without feeling guilty?		
Can you strongly protest against mistreatment?		
Do you easily express, as well as receive, tenderness, love, passion?		
Can you enjoy your own company yet gladly and comfortably accept intimacy?		
Do you listen clearly to yourself, and to others?		
Can you empathise with the needs and feelings of others, without judgement or criticism?		
Can you motivate others without resorting to fear tactics or manipulation?		