

## Evaluating your Biological Temperament

In the future, we may be able to evaluate biological aspects of personality using direct methods such as gene analysis or brain scans. For the present, answer the following questions in order to get a better idea of your temperaments. You can circle the response that seems closest to you and then reach a conclusion at the end.

### 1. Introversion-Extroversion

- a. Do you prefer being in crowds and at parties or more by yourself?
- b. Do you hate public speaking?
- c. Do you seek out roller coasters, parachute jumps or other thrilling activities like mountain climbing?

### 2. Emotionality (easily aroused or calm)

- a. Were you a fearful child?
- b. Are you easily aroused to anger (hot-tempered)?
- c. Do you have mood swings, from very high to very low?

### 3. Activity (active or passive)

- a. As a child, were you always in motion?
- b. Are you more passive? Restful? Lethargic?
- c. Do you hate to sit around?

### 4. Aggression/Impulsivity (aggressive or friendly)

- a. As a child, were you more of a bully or more of a peacemaker?
- b. Do you win conviviality awards or cold shoulder awards?
- c. Do you tend to make and follow plans or rush off in new directions?

Based on how you answered the questions above, how would you describe yourself with relation to each of the 4 temperaments?