

Name _____ Date _____

Type A and Type B Behavior

Purpose: To help you identify individual personality characteristics that would indicate Type A or Type B behavior.

Instructions:

- I. Rate yourself as to how you typically react in each of the situations listed below by circling one response for each question.
- II. Find your total score by adding together the circled number response of each question.
- III. Determine whether your behavior is primarily Type A or Type B according to the following scale:

1-47	Extreme Type B
48-94	Type B
95-141	Both Type A and Type B
142-188	Type A
189-235	Extreme Type A

In general: a score greater than 120 is Type A and a score less than 120 is Type B

	ALWAYS	FREQUENTLY	SOMETIMES	SELDOM	NEVER
1. Are you punctual?	5	4	3	2	1
2. Do you work under constant deadlines?	5	4	3	2	1
3. Do you indulge in competitive hobbies?	5	4	3	2	1
4. Do you like routine household chores?	5	4	3	2	1
5. Do you prefer to do a task yourself because others are too slow or can't do it as well?	5	4	3	2	1
6. Do you work while you are eating, in the bathroom, etc.?	5	4	3	2	1
7. Do you walk fast?	5	4	3	2	1
8. Do you eat hurriedly?	5	4	3	2	1
9. Are you patient and understanding?	5	4	3	2	1
10. Do you carry on several lines of thought at the same time?	5	4	3	2	1
11. Do you interrupt others when they talk about subjects that don't interest you?	5	4	3	2	1

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	ALWAYS	FREQUENTLY	SOMETIMES	SELDOM	NEVER
12. Do you pretend to listen to others when they talk about subjects that don't interest you?	5	4	3	2	1
13. How often does time seem to pass rapidly for you?	5	4	3	2	1
14. How often do you look at your watch?	5	4	3	2	1
15. Do you feel vaguely guilty when you relax and do absolutely nothing for several hours/days?	5	4	3	2	1
16. How often do you become exasperated when standing in line at movies, restaurants, etc.?	5	4	3	2	1
17. Do you ever find that you cannot recall details of the surroundings after you left a place?	5	4	3	2	1
18. How often are you preoccupied with getting materialistic things?	5	4	3	2	1
19. Do you use a relaxed, laid back speech pattern?	5	4	3	2	1
20. How often do you attempt to schedule more and more in less and less time?	5	4	3	2	1
21. How often do you feel aggressive, hostile, and compelled to challenge people who make you feel uncomfortable?	5	4	3	2	1
22. Do you accentuate your speech, talk fast?	5	4	3	2	1
23. How often do you gesture by clenching your fists, banging your hand on the table, pounding one fist into the palm of the other hand, clenching your jaw, grinding your teeth, etc.?	5	4	3	2	1
24. Do you prefer respect and admiration to affection?	5	4	3	2	1
25. Do you listen well and attentively?	5	4	3	2	1
26. Do you evaluate the activities of yourself and others in terms of numbers (e.g., minutes, hours, days, dollars, age)?	5	4	3	2	1
27. How often do you play to win?	5	4	3	2	1
28. How often do you stay up late to socialize?	5	4	3	2	1
29. How often are you angry?	5	4	3	2	1

	ALWAYS	FREQUENTLY	SOMETIMES	SELDOM	NEVER
30. Do you go out of your way to conceal your anger?	5	4	3	2	1
31. How often are you dissatisfied with your present position or promotional progress?	5	4	3	2	1
32. Do you daydream a lot?	5	4	3	2	1
33. Do you participate in numerous organizations?	5	4	3	2	1
34. Did you ever attend night school?	5	4	3	2	1
35. How often do you go to a doctor?	5	4	3	2	1
36. Do you ever "sigh" faintly between words?	5	4	3	2	1
37. How often do you come to work even when you are sick?	5	4	3	2	1
38. How often is your laughter a grim, forced chuckle?	5	4	3	2	1
39. Do/would you avoid firing people?	5	4	3	2	1
40. How often are you genuinely open and responsive to people?	5	4	3	2	1
41. How often do you go to bed early?	5	4	3	2	1
42. If you smoke, do you prefer cigarettes as opposed to a pipe or cigar?	5	4	3	2	1
43. How often do you salt your meal before tasting it?	5	4	3	2	1
44. How often do you exercise?	5	4	3	2	1
45. Do you ever combine vacations with business?	5	4	3	2	1
46. How often do you work late?	5	4	3	2	1
47. How often do you hum, fidget, or drum your fingers while not involved in an activity?	5	4	3	2	1

Total Points _____

(continued)

Discussion

1. Did the results of this exercise make you aware of any Type A behavior pattern in your own personality? Were you surprised?
2. What are some of the dangers of Type A behavior?
3. Is it possible to change from Type A to Type B? How?
4. Would you want to change your behavior patterns if you could?