

# Your Temperament Assessment Scale

By answering the following questions for yourself, you can increase your understanding of your own temperament.

1. **Activity Level.** How much do you need to move around during the workday? Can you sit through a long meeting without wiggling?

High Activity                    1                    3                    5                    Low Activity

2. **Regularity.** How regular are you in your eating, sleeping and elimination habits?

Regular                    1                    3                    5                    Irregular

3. **Adaptability.** How quickly do you adapt to a change in schedule or routine, a new place or foods?

Adapt quickly                    1                    3                    5                    Slow to adapt

4. **Approach/Withdrawal.** How do you react the first time to new people, new places, new activities or new tools?

Initial approach                    1                    3                    5                    Initial withdrawal

5. **Physical Sensitivity.** How aware are you of slight differences in noise level, temperature, or touch?

Not sensitive                    1                    3                    5                    Very sensitive

6. **Intensity of Reaction.** How strong are your reactions?

High intensity                    1                    3                    5                    Mild reaction

7. **Distractibility.** Are you easily distracted?

Very distractible                    1                    3                    5                    Not distractible

8. **Positive or Negative Mood.** How much of the time do you show pleasant, joyful behavior compared with unpleasant or grouchy moods?

Positive mood                    1                    3                    5                    Negative mood

9. **Persistence.** How long will you continue with a difficult task?

Long attention span                    1                    3                    5                    Short attention span

# Transparency/Handout #8 Chart of Temperament Traits

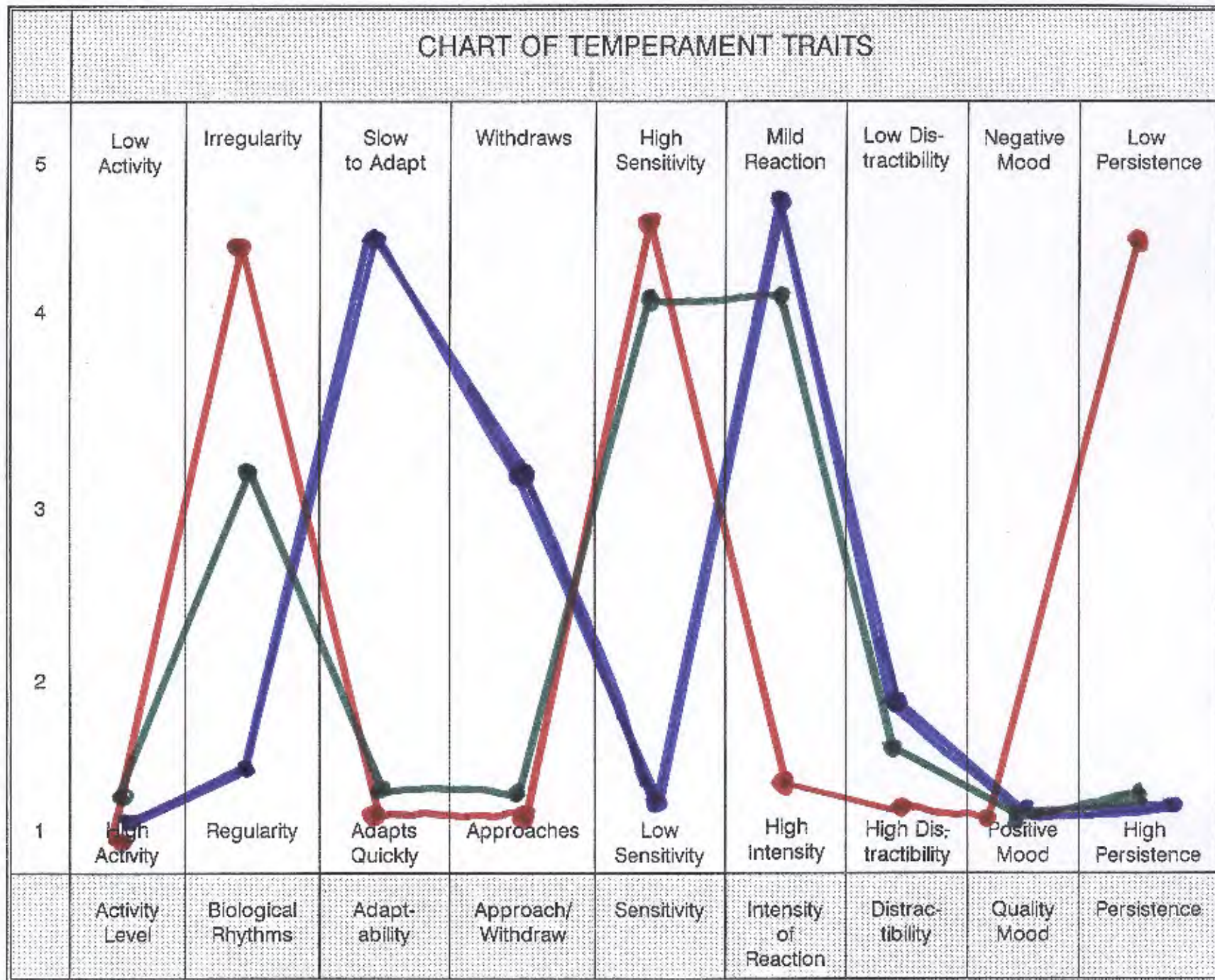
Chart developed by Janet Poole, Faculty, Program for Infant/Toddler Caregivers

CHART OF TEMPERAMENT TRAITS									
	Activity Level	Biological Rhythms	Adaptability	Approach/Withdraw	Sensitivity	Intensity of Reaction	Distractibility	Quality Mood	Persistence
1	High Activity	Regularity	Adapts Quickly	Approaches	Low Sensitivity	High Intensity	High Distractibility	Positive Mood	High Persistence
2									
3									
4									
5	Low Activity	Irregularity	Slow to Adapt	Withdraws	High Sensitivity	Mild Reaction	Low Distractibility	Negative Mood	Low Persistence

# Transparency/Handout #8

## Chart of Temperament Traits

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● SELF  
 ● SPOUSE  
 ● DAUGHTER