

Temperament Checklist

- **Are you an extrovert or introvert?**

I am (1) introverted
(2) quiet
(3) moderate
(4) friendly
(5) outgoing.

I would like my helper to be _____.

Tell me how you would accommodate my preference.

- **Are you anxious, prone to worrying or laid back, taking things easily in stride?**

I am (1) extremely anxious
(2) often tense or worried
(3) moderate
(4) calm
(5) unflappable.

I would like my helper to be _____.

Tell me how you would accommodate my preference.

- **Are you fairly trusting and agreeable or suspicious?**

I am (1) extremely trusting
(2) generally trusting
(3) moderate
(4) wary
(5) suspicious.

I would like my helper to be _____.

Tell me how you would accommodate my preference.

- **Are you careful and organized or carefree and even disorganized?**

I am (1) extremely tidy
(2) generally tidy
(3) moderate
(4) untidy
(5) very untidy.

I would like my helper to be _____.

Tell me how you would accommodate my preference.

- **Are you flexible, perhaps a bit unconventional, or traditional, conforming, at times even rigid?**

I am (1) a free spirit
(2) unconventional
(3) moderate
(4) conforming
(5) rigid.

I would like my helper to be _____.

Tell me how you would accommodate my preference.