

Temperament Self-Assessment



Please complete this temperament assessment for yourself, thoughtfully considering your typical behaviors and feelings. Temperament dimensions are complex, and this assessment focuses on a few key aspects of each dimension. Rate yourself on each scale from 0 to 10.

Activity Level: The vigor (intensity) and the tempo (speed) of an individual's *motor movement and/or vocal expression*.

Low Activity Level: Often move and vocalize more slowly, perhaps preferring sedentary activities.

High Reaction to the Unexpected: Feel very anxious, fearful, or distressed in new situations (including unfamiliar activities, settings, people or objects).



Reaction to the Unexpected: The distress or fearfulness an individual experiences when faced with unfamiliar activities, settings, people, or objects.

Low Reaction to the Unexpected: Unphased by new experiences, or may jump in to participate.

High Reaction to the Unexpected: Feel very anxious, fearful, or distressed in new situations (including unfamiliar activities, settings, people or objects).



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Attention and Regulation: The ability to voluntarily regulate one's emotions and behavior, including the ability to voluntarily focus, sustain and shift attention.

Low Attention/Regulation: Get distracted easily, and may not effectively regulate behaviors and emotions (such as interrupting others often in conversation instead of waiting to speak).

High Attention/Regulation: Can focus on even a challenging or boring task for long periods and find it easy to regulate emotions and behaviors.



Anger, Irritability, Frustration

Intensity: The strength of an individual's typical emotional reactions.

Low Emotional Intensity: Mild reactions such as mild frustration in a frustrating situation.

High Emotional Intensity: Strong reactions such as yelling or seething.



Threshold: The typical level of provocation at which an emotion is triggered for an individual.

Low Emotional Threshold: Easily emotionally triggered.

High Emotional Threshold: Unphased by most potentially emotional experiences.



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Duration: The length of time an individual's emotional reactions typically last.

Low Emotional Duration: Recovers quickly after an emotional experience.

High Emotional Duration: Long emotional reactions, such as staying angry for hours after an argument with a coworker.



Exuberance, Enthusiasm, Cheerfulness

Intensity: The strength of an individual's typical emotional reactions.

Low Emotional Intensity: Mild reactions such as a gentle smile.

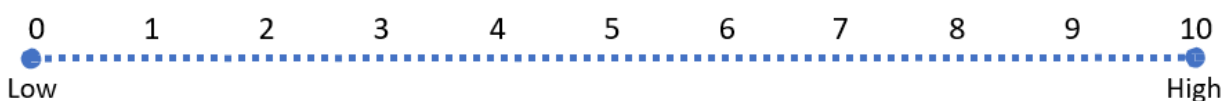
High Emotional Intensity: Strong reactions such as laughing and yelling in excitement.



Threshold: The typical level of provocation at which an emotion is triggered for an individual.

Low Emotional Threshold: Easily emotionally triggered.

High Emotional Threshold: Unphased by most potentially emotional experiences.



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Duration: The length of time an individual's emotional reactions typically last.

Low Emotional Duration: Brief emotional reactions.

High Emotional Duration: Long emotional reactions, such as cheerfulness throughout the day.

