APPENDIX B
PERSONALITY TEST WORD DEFINITIONS
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*Personality Patterns*
By Lana Bateman

**Directions:** Choose the word that best describes you in each of the lists below. You must choose at least one word from each list. Choose no more than two from the list. Select the appropriate words and record your answer on the Personality Profile Sheet in this appendix.

**STRENGTHS**

1. ANIMATED - Full of life, lively use of hand, arm and face gestures.
   ADVENTUROUS - Willing to take on new and daring enterprise with a need to master them.
   ANALYTICAL - Constantly in the process of analyzing people, places or things.
   ADAPTABLE - Easily adapts to any situation.

2. PERSISTENT - Refusing to let go, insistently repetitive or continuous, can’t drop it.
   PLAYFUL - Full of fun and good humor.
   PERSUASIVE - Persuades, through logic and fact rather than charm.
   PEACEFUL - Seems undisturbed and tranquil and retreats from any form of strife.

3. SUBMISSIVE - Easily submits to any point of view or desire and has little need to assert his view or opinion.
   SELF-SACRIFICING - Constantly sacrifices his/her personal well being for the sake of, or to meet the needs of others.
SOCIABLE - Sees being with others as an opportunity to be entertaining. If you enjoy social gatherings as a challenge or business opportunity do not check this word.

STRONG-WILLED - Determined to have his/her own way.

4. CONSIDERATE - Having regard for the needs and feelings of others.

CONTROLLED - Has emotional feelings but doesn’t display them.

COMPETITIVE - Turns every situation, happening, or game into an arena of competition. Always plays to win!

CONVINCING - Can convince you of anything through the sheer charm of his/her personality. Facts are unimportant.

5. REFRESHING - Renews and stimulates or pleasantly lifts spirits.

RESPECTFUL - Treats others with deference, honor, and esteem.

RESERVED - Self restrained in expression of emotion or enthusiasm.

RESOURCEFUL - Able to act quickly and effectively in virtually all situations.

6. SATISFIED - Easily accepts any circumstances or situation.

SENSITIVE - Intensely sensitive to self and others.

SELF-RELIANT - An independent person who fully relies on his/her own capabilities, judgment, and resources.

SPIRITED - Full of life and excitement.

7. PLANNER - Prefers to work out a detailed arrangement beforehand, for the accomplishment of project or goal. This person much prefers involvement with the planning stages and the finished product rather than the carrying out of the task.

PATIENT - Unmoved by delay. Calm and tolerant.

POSITIVE - Characterized by certainty and assurance.
PROMOTER - Compels others to go along, join or invest though the sheet charm of his/her personality.

8. SURE - Confident, not hesitating or wavering.
SPONTANEOUS - Prefers all of life to be impulsive, unpremeditated activity. This person feels restricted by plans.
SCHEDULED - Controlled by their schedule, and gets upset if that schedule is interrupted. There is another type of person who uses a schedule to stay organized, but is not controlled by the schedule. If the second describes you, do not check this word.
SHY - Quiet, doesn’t easily instigate a conversation.

OBLIGING - Accommodating. One who is quick to do it another’s way.
OUTSPOKEN - Speaks frankly and without reserve.
OPTIMISTIC - An almost childlike dreamer.

10. FRIENDLY - Responds to friendliness rather than initiates a conversation. They respond with great warmth and enjoy the exchange.
FAITHFUL - Consistently reliable. Steadfast, loyal and devoted sometimes beyond reason.
FUNNY - This person has an innate humor that can make virtually any story funny, and is a remarkable joke-teller. If you have a dry sense of humor, do not check this word.
FORCEFUL - A commanding personality. One would hesitate to take a stand against this person.

11. DARING - Willing to take risks; fearless, bold.
DELIGHTFUL- Greatly pleasing, fun to be with.
DIPLOMATIC - Deals with people both tactfully and sensitively.
DETAILED - Prefers working with the minute or fields that require detail work such as math, research, accounting, carving, art, graphics, etc.

12. CHEERFUL - Consistently being in good spirits and promoting cheer.
CONSISTENT - Agreeable, compatible, not contradictory.
CULTURED - One whose interests involve both intellectual and artistic pursuits, such as theatre, symphony, ballet, etc.
CONFIDENT - Self-assured and/or certain of success.

13. IDEALISTIC - Visualizes things in an ideal or perfect form, and has a need to measure up to that standard.
INDEPENDENT - Self-sufficient, self-supporting, and self-confident and seems to have little need of help.
INOFFENSIVE - Never causes offense. Pleasant, unobjectionable, harmless.
INSPIRING - Encourages others to work, join, or be involved. There is another personality that is deeply inspirational and has a need to bring life-changing inspiration. If you are the latter, do not check this word.

14. DEMONSTRATIVE - Openly expresses emotion, especially affection. This person doesn’t hesitate to touch others while speaking to them.
DECISIVE - A person with quick, conclusive, decision-making abilities.
DRY HUMOR - Exhibits dry wit, usually one-liners that can be sarcastic in nature, but very humorous.
DEEP - Intense and often introspective with distaste for surface conversation/pursuits.
15. MEDIATOR - Consistently finds him/herself in the role of reconciling differences in order to avoid conflict.

MUSICAL - Participates in or has an intense appreciation for music. This type of music would not include those who find it fun to sing or play. The latter would be a different personality that enjoys being an entertainer rather than one who is deeply committed to music as a form of art.

MOVER - So driven by a need to be productive, they find it difficult to sit still.

MIXES EASILY - Loves a party and cannot wait to meet everyone in the room. Never meets a stranger.

16. THOUGHTFUL - Remembers special occasions and is quick to make a kind gesture.

TENACIOUS - Holds on firmly, stubbornly, and won’t let go till the goal is accomplished.

TALKER - Constantly talking, generally telling funny stories and entertaining everyone. There is another compulsive talker who is a nervous talker and feels the need to fill the silence in order to make others comfortable. This is not the entertaining talker we are describing here.

TOLERANT - Easily accepts the thoughts and ways of others without the need to disagree with or change them.

17. LISTENER - Always seems willing to listen.

LOYAL - Faithful to a person, ideal or job. This person is sometimes loyal beyond reason and sometimes to his/her own detriment.

LEADER - A born leader. This is not one who rises to the occasion because they can lead, but one who is driven to lead and finds it very difficult to believe anyone else can do the job.

LIVELY - Full of life, vigorous, energetic.
18. CONTENTED- Easily satisfied with what he/she has.
   CHIEF - Commands leadership.
   CHARTMAKER - Enjoys either graphs, charts, or lists.
   CUTE - Bubbly-beauty, cutie, precious, diminutive.

19. PERFECTIONIST - Desires perfection but not necessarily in every area of life.
   PERMISSIVE - Permissive with employees, friends and children in order to avoid conflict.
   PRODUCTIVE - Must constantly be working and/or producing. This person finds it very difficult to rest.
   POPULAR - Is the life of the party and therefore is much desired as a party guest.

20. BOUNCY - A bubbly, lively personality.
   BOLD - Fearless, daring, and forward.
   BEHAVED - Consistently desires to conduct him/herself within the realm of what is proper.
   BALANCED - Stable, middle of the road personality, without extremes.
WEAKNESSES

21. BRASSY - Showy, flashy, comes on strong.
   BOSSY - Commanding, domineering, overbearing. Do not relate this to the raising of children. All parents seem bossy and domineering. Think only of adult relationships.
   BASHFUL - Shrinks from notice, resulting from self-consciousness.
   BLANK - Shows little facial expression or emotion.

22. UNDISCIPLINED - A person whose lack of discipline permeates virtually every area of his/her life.
   UNSYMPATHETIC - Finds it difficult to relate to the problems or hurts of others.
   UNENTHUSIASTIC - Finds it hard to get excited or feel enthusiasm.
   UNFORGIVING - Has difficulty forgiving or forgetting a hurt or injustice done them. This individual may find it hard to release a grudge.

23. RETICENT - Unwilling or struggles against getting involved.
   RESENTFUL - Easily feels resentment as a result of real or imagined offenses.
   RESISTANT - Strives, works against, or resists accepting any other way by his/her own.
   REPETITIOUS - Retells stories and incidents to entertain you without realizing he/she has already told the story several times before. This is not a question so much of forgetfulness, as it is of constantly needing something to say.

24. FUSSY - Is insistent over petty matters or details, calling for great attention to trivial details.
   FEARFUL - Often experiences feelings of fear, apprehension or anxiousness.
FORGETFUL - Forgetful because it isn’t fun to remember. Their forgetfulness is tied to a lack of discipline. There is another personality that is more like the absent-minded professor. This person tends to be off in another world and only remembers what they choose to remember. If you are the latter, do not check this word.

FRANK - Straightforward, outspoken and doesn’t mind telling you exactly what he/she thinks.

25. IMPATIENT - Finds it difficult to endure irritation or wait patiently.
INSECURE - Apprehensive or lacks confidence.
INDECISIVE - Finds it difficult to make a decision at all. There is another personality that labors long over each decision in order to make the perfect one. If you are the latter, do not check this word.
INTERRUPTS - Interrupts because he/she is afraid of forgetting the wonderful thing they have to say if another is allowed to finish. This person is more of a talker than a listener.

26. UNPOPULAR - A person whose intensity and demand for perfection can push others away.
UNINVOLVED - Has no desire to become involved in clubs, groups, or people activities.
UNPREDICTABLE - May be ecstatic one moment and blue the next. Willing to help and then disappear. Promises to come and then forgets to show up.
UNAFFECTIOMATE - Finds it difficult to verbally or physically demonstrate affection openly.

27. HEADSTRONG - Insists on having his/her own way.
HAPHAZARD - Has no consistent way of doing things.
HARD TO PLEASE - A person whose standards are set so high it is difficult to ever please them.
HESITANT - Slow to get moving and hard to get involved.

28.PLAIN - A middle-of-the-road personality without highs or lows and showing little if any emotion.

PESSIMISTIC - While hoping for the best, generally sees the down side of a situation first.

PROUD - One with great self-esteem who sees him/herself as always right and the best person for the job.

PERMISSIVE - Allows others (including children) to do as they please in order to keep from being disliked.

29.ANGERED EASILY - Has a childlike, flash-in-the-pan temper that expresses itself in a child’s tantrum style. It is over and forgotten almost instantly.

AIMLESS - Not a goal-setter and has little desire to be one.

ARGUMENTATIVE - Incites arguments generally because they are determined to be right no matter what the situation may be.

ALIENATED - Easily feels estranged from others often because of insecurity or fear that others don’t really enjoy their company.

30.NAÏVE - A simple and childlike perspective, lacking sophistication or worldliness. This is not to be confused with uninformed. There is another personality that is so consumed with his/her own particular field of interest that he/she simply could not care less what is going on outside of that sphere. If you are the latter, do not check this word.

NEGATIVE - One whose attitude is seldom positive and is often able to see only the down or dark side of each situation.

NERVY - Full of confidence, fortitude and sheer guts.

NONCHALANT - Easy going, unconcerned, indifferent.
31. WORRIER - Consistently feels uncertain or troubled.
   WITHDRAWN - A person who pulls back to him/herself and needs a great deal of alone or isolation time.
   WORKAHOLIC - There are two workaholic personalities. This particular one is an aggressive goal-setter who must be constantly productive and feels very guilty when resting. This workaholic is not driven by a need for perfection or completion but by a need for accomplishment and reward.
   WANTS CREDIT - One who is almost dysfunctional without the credit or approval of others. As an entertainer this person feeds on the applause, laughter and/or acceptance of an audience.

32. TOO SENSITIVE - Overly sensitive and introspective.
   TACTLESS - Sometimes express him/herself in an offensive or inconsiderate way.
   TIMID - Shrinks from difficult situations.
   TALKATIVE - A compulsive talker who finds it difficult to listen. Again, this is an entertaining talker not a nervous talker.

33. DOUBTFUL - A person who is full of doubts, uncertain.
   DISORGANIZED - One whose lack of organizational ability touches virtually every area of their life.
   DOMINEERING - Compulsively takes control of situations and/or people. Do not consider the parenting role. All parents are somewhat domineering.
   DEPRESSED - Struggles with bouts of depression on a fairly consistent basis.

34. INCONSISTENT - Erratic, contradictory, illogical.
   INTROVERT - Thoughts and interests are directed inward. Lives within him/herself.
INTOLERANT - Appears unable to withstand or accept another’s attitudes, point of view or way of doing things.
INDIFFERENT - A person to whom most things do not matter one-way or the other.

35. MESSY - Messy because it isn’t fun to discipline him/herself to clean. The mess is hardly noticed. There is another personality that gets messy when depressed, and yet another that is messy because it takes too much energy to do the cleaning. Be sure you are the first one mentioned if you check this word.
MOODY - Easily slips into moods. This person doesn’t get very high emotionally, but does experience very low lows.
MUMBLES - This person may mumble quietly under the breath when pushed. This is a passive display of anger.
MANIPULATIVE - Influences or manages shrewdly or deviously for one’s own advantage. One who will find a way to get his/her own way.

36. SLOW - Slow moving, easy-going.
STUBBORN - Determined to exert his/her own will. Not easily persuaded.
SHOW-OFF - Needs to be the center of attention.
SKEPTICAL - Disbelieving, questioning the motive behind the words.

37. LONER - Requires a lot of alone time and tends to avoid other people.
LORD OVER - Doesn’t hesitate to let you know he/she is right or has won.
LAZY - Evaluates work or activity in terms of how much energy it will take.
LOUD - A person whose laugh or voice can be heard above others in the room.
38. **SLUGGISH** - Slow to get started.
   **SUSPICIOUS** - Tends to suspect or distrust.
   **SHORT-TEMPERED** - Demanding impatience-based anger and a very short fuse. This type of anger is expressed when others are not moving fast enough or have not completed what they have been asked to do.
   **SCATTER-BRAINED** - Lacks the power of concentration, or attention. Flighty.

39. **REVENGEFUL** - Knowingly or otherwise holds a grudge and punishes the offender, often by subtly withholding friendship or affection.
   **RESTLESS** - Likes constant new activity because it isn’t fun to do the same things all the time.
   **RELUCTANT** - Unwilling to get involved, or struggles to prevent getting involved.
   **RASH** - Acts hastily without thinking things through, generally because of impatience.

40. **COMPROMISING** - Often compromises in order to avoid conflict, even when he/she is right.
   **CRITICAL** - Constantly evaluates and makes judgments.
   Example: Sees someone coming down the street and within seconds might try to evaluate his/her cleanliness, look of intelligence or lack of it, style of clothing or lack of it, physical attractiveness or lack of it, and the list goes on. Constantly analyzes and critiques, sometimes without realizing he/she is doing so.
   **CRAFY** - Shrewd, one who can always find a way to get to the desired end.
   **CHANGEABLE** - A person with a childlike short attention span that needs a lot of change and variety to keep from getting bored.