

11. If you tell your spouse or a friend that you will meet somewhere at a definite time, how often do you arrive late?
 A Once in a while
 B Rarely
 C I am never late.
12. How often do you find yourself hurrying to get places even when there is plenty of time?
 A Frequently
 B Occasionally
 C Almost never
13. Suppose you are to meet someone at a public place (street corner, building lobby, restaurant) and the other person is already 10 minutes late. What will you do?
 A Sit and wait
 B Walk about while waiting
 C Usually carry some reading matter or writing paper so I can get something done while waiting
14. When you have to "wait in line" at a restaurant, a store, or the post office, what do you do?
 A Accept it calmly
 B Feel impatient but not show it
 C Feel so impatient that someone watching can tell I am restless
 D Refuse to wait in line, and find ways to avoid such delays
15. When you play games with young children about 10 years old (or when you did so in past years), how often do you purposely let them win?
 A Most of the time
 B Half the time
 C Only occasionally
 D Never
16. When you were younger, did most people consider you to be
 A definitely hard-driving and competitive?
 B probably hard-driving and competitive?
 C probably more relaxed and easygoing?
 D definitely more relaxed and easygoing?
17. Nowadays, do you consider yourself to be
 A definitely hard-driving and competitive?
 B probably hard-driving and competitive?
 C probably more relaxed and easygoing?
 D definitely more relaxed and easygoing?
18. Would your spouse (or closest friend) rate you as
 A definitely hard-driving and competitive?
 B probably hard-driving and competitive?
 C probably relaxed and easygoing?
 D definitely relaxed and easygoing?
19. Would your spouse (or closest friend) rate your general level of activity as
 A too slow—should be more active?
 B about average—busy much of the time?
 C too active—should slow down?
20. Would people you know well agree that you take your work too seriously?
 A Definitely yes
 B Probably yes
 C Probably no
 D Definitely no
21. Would people you know well agree that you have less energy than most people?
 A Definitely yes
 B Probably yes
 C Probably no
 D Definitely no
22. Would people you know well agree that you tend to get irritated easily?
 A Definitely yes
 B Probably yes
 C Probably no
 D Definitely no
23. Would people who know you well agree that you tend to do most things in a hurry?
 A Definitely yes
 B Probably yes
 C Probably no
 D Definitely no
24. Would people who know you well agree that you enjoy a "contest" (competition) and try hard to win?
 A Definitely yes
 B Probably yes
 C Probably no
 D Definitely no
25. How was your temper when you were younger?
 A Fiery and hard to control
 B Strong but controllable
 C No problem
 D I almost never got angry.
26. How is your temper nowadays?
 A Fiery and hard to control
 B Strong but controllable
 C No problem
 D I almost never get angry.

27. When you are in the midst of doing a job and someone (not your boss) interrupts you, how do you usually feel inside?

- A I feel O.K. because I work better after an occasional break.
- B I feel only mildly annoyed.
- C I really feel irritated because most such interruptions are unnecessary.

28. How often are there deadlines on your job?

- A Daily or more often
- B Weekly
- C Monthly or less often
- D Never

29. These deadlines usually carry

- A minor pressure because of their routine nature.
- B considerable pressure, since delay would upset my entire work group.
- C Deadlines never occur on my job.

30. Do you ever set deadlines or quotas for yourself at work or at home?

- A No
- B Yes, but only occasionally
- C Yes, once a week or more

31. When you have to work against a deadline, what is the quality of your work?

- A Better
- B Worse
- C The same (Pressure makes no difference.)

32. At work, do you ever keep two jobs moving forward at the same time by shifting back and forth rapidly from one to the other?

- A No, never
- B Yes, but only in emergencies
- C Yes, regularly

33. Are you content to remain at your present job level for the next five years?

- A Yes
- B No, I want to advance.
- C Definitely no; I strive to advance and would be dissatisfied if not promoted in that length of time.

34. If you had your choice, which would you rather get?

- A A small increase in pay without a promotion to a higher level job
- B A promotion to a higher level job without an increase in pay

35. In the past three years, have you ever taken less than your allotted number of vacation days?

- A Yes
- B No
- C My type of job does not provide regular vacations.

36. In the last three years, how has your personal yearly income changed?

- A It has remained the same or gone down.
- B It has gone up slightly (as the result of cost-of-living increases or automatic raises based on years of service).
- C It has gone up considerably.

37. How often do you bring your work home with you at night, or study materials related to your job?

- A Rarely or never
- B Once a week or less
- C More than once a week

38. How often do you go to your place of work when you are not expected to be there (such as nights or weekends)?

- A It is not possible on my job.
- B Rarely or never
- C Occasionally (less than once a week)
- D Once a week or more

39. When you find yourself getting tired on the job, what do you usually do?

- A Slow down for a while until my strength comes back
- B Keep pushing myself at the same pace in spite of the tiredness

40. When you are in a group, how often do the other people look to you for leadership?

- A Rarely
- B About as often as they look to others
- C More often than they look to others

41. How often do you make yourself written lists to help you remember what needs to be done?

- A Never
- B Occasionally
- C Frequently

For questions 42-46, compare yourself with the average worker in your present occupation, and mark the most accurate description.

42. In amount of effort put forth, I give

- A much more effort.
- B a little more effort.
- C a little less effort.
- D much less effort.

43. In sense of responsibility, I am
 A much more responsible.
 B a little more responsible.
 C a little less responsible.
 D much less responsible.

44. I find it necessary to hurry
 A much more of the time.
 B a little more of the time.
 C a little less of the time.
 D much less of the time.

45. In being precise (careful about detail), I am
 A much more precise.
 B a little more precise.
 C a little less precise.
 D much less precise.

46. I approach life in general
 A much more seriously.
 B a little more seriously.
 C a little less seriously.
 D much less seriously.

For questions 47-49, compare your present work with your work setting of five years ago. If you have not been working for five years, compare your present job with your first job.

47. I worked more hours per week
 A at my present job.
 B five years ago.
 C Cannot decide

48. I carried more responsibility
 A at my present job.
 B five years ago.
 C Cannot decide

49. I was considered to be at a higher level (in prestige or social position)
 A at my present job.
 B five years ago.
 C Cannot decide

50. How many different job titles have you held in the last 10 years? (Be sure to count shifts in kinds of work, shifts to new employers, and shifts up and down within a firm.)
 A 0-1
 B 2
 C 3
 D 4
 E 5 or more

51. How much schooling did you receive?
 A 0-4 years
 B 5-8 years
 C Some high school
 D Graduated from high school
 E Trade school or business college
 F Some college (including junior college)
 G Graduated from a four-year college
 H Post-graduate work at a college or university

52. When you were in school, were you an officer of any group, such as a student council, glee club, 4-H club, sorority or fraternity, or captain of an athletic team?
 A No
 B Yes, I held one such position.
 C Yes, I held two or more such positions.

STOP. Do not make any marks below this line.

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