**Integrative Center for Healing**

**Personality Questionnaire**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSONALITY INDICATORS:

Mark the following statements true or false:

\_\_\_1. My state of health is greatly dependent on my lifestyle.

\_\_\_2. I control the major portion of my life.

\_\_\_3. I am an active member of one or more community organizations.

\_\_\_4. I take an active interest in national and world issues.

\_\_\_5. I know and communicate with my neighbors.

\_\_\_6. I would try to inform a driver if I noticed leaking gas or other dangerous conditions.

\_\_\_7. If I witnessed a crime I would report it to the police.

\_\_\_ 8. I recycle paper, cans, glass, etc.

\_\_\_9. I turn off lights or appliances when not in use.

\_\_\_10. I don’t waste energy or materials at home or work.

\_\_\_11. I have installed and regularly check fire alarms.

\_\_\_12. I keep a fire extinguisher in the kitchen.

\_\_\_ 13. Doing my best at work will result in a promotion.

\_\_\_ 14. An average citizen can have an impact on politics.

\_\_\_15. I believe the majority of media coverage is half truths.

\_\_\_16. I know what I’m doing at work and why.

\_\_\_ 17. I feel financially secure.

\_\_\_ 18. I regularly service my car.

\_\_\_ 19. I really don’t mind when I have nothing to do.

\_\_\_ 20. My work is not overly stressful.

\_\_\_ 21. I allow myself to experience a full range of emotions – anger, fear, joy, sadness, etc.

\_\_\_ 22. I’m able to say no without feeling guilty.

\_\_\_ 23. I believe the government keeps important information from the people.

\_\_\_ 24. It is easy for me to laugh.

\_\_\_ 25. I feel it’s OK to cry and do when it’s appropriate.

\_\_\_ 26. I can take criticism without being defensive.

\_\_\_ 27. I seek help from friends or professionals when necessary.

\_\_\_ 28. I find it easy to express concern and love to those that I care about.

\_\_\_ 29. I understand the importance of grieving after a loss.

\_\_\_ 30. I swallow or store up my anger.

\_\_\_ 31. I am willing to take risks.

\_\_\_ 32. I would be willing to sacrifice financial security for challenge.

\_\_\_ 33. I am eager to start on the days projects.

\_\_\_ 34. It does not bother me when I have to deviate from my routine.

\_\_\_ 35. I can be close to people without feeling obligated.

\_\_\_ 36. It’s easy for me to concentrate.

\_\_\_ 37. I use positive thoughts to make things happen the way I want.

\_\_\_ 38. I can let go of negative thoughts quickly.

\_\_\_ 39. My attitude in life that no problem is too big.

\_\_\_ 40. Rather than worry about a problem, I instead enjoy myself for a moment.

\_\_\_ 41. I am creative and express my creativity.

\_\_\_ 42. I can spend time without structured activities and do so.

\_\_\_ 43. I am aware of the need of recreational time for adults as well as children.

\_\_\_ 44. It is easy for me to be alone.

\_\_\_ 45. It is easy for me to be with others.

\_\_\_ 46. I can sleep in without feeling guilty.

\_\_\_ 47. My occupation is rewarding for me.

\_\_\_ 48. I have people around me who support me.

\_\_\_ 49. I have a hobby that makes no demands of me.

\_\_\_ 50. I let others take charge when it is appropriate.

\_\_\_ 51. I cooperate with others when it is necessary.

\_\_\_52. I don’t accept others judgments and labels.

\_\_\_ 53. I am aware of psychological “games” people play.

\_\_\_ 54. I am able to stop a psychological game and directly communicate.

\_\_\_ 55. I am able to initiate a conversation on my own.

\_\_\_ 56. I am able to approach and communicate with strangers.

\_\_\_ 57. I am interested in what others have to say.

\_\_\_ 58. I understand the need of complete silence sometimes.

\_\_\_ 59. I have at least one friend that I can communicate with intimately.

\_\_\_ 60. I can admit my own weaknesses to others.

\_\_\_ 61. I am aware of how other people are likely to react to a situation.

\_\_\_ 62. I consider my thoughts and feelings before responding to others.

\_\_\_ 63. I am aware of how I communicate with others through body language.

\_\_\_ 64. I am observant of the tone of voice, facial expressions and body language of others.

\_\_\_ 65. I feel that I communicate clearly with others.

\_\_\_ 66. I am not asked to repeat myself or speak more loudly.

\_\_\_ 67. When I give instructions to others they are understood the first time.

\_\_\_ 68. I feel that I’m an assertive person and go after what I want.

\_\_\_ 69. I feel resentment towards others for taking advantage of me.

\_\_\_ 70. I am aware of situations when I want to blame others for my mistakes.

\_\_\_ 71. I will admit my mistakes to others and apologize.

\_\_\_ 72. I can forgive others for doing what they think is best even though it may be contrary to my beliefs.

\_\_\_ 73. I do not interrupt or finish other’s sentences.

\_\_\_ 74. I am able to listen and objectively consider opposing viewpoints.

\_\_\_ 75. I can accept my failing rather than beat myself up because I think I’m adequate.

\_\_\_ 76. I am not responsible for making other people happy.

\_\_\_ 77. I do not depend upon someone else to make me happy.

\_\_\_ 78. I’m aware of the difference between loving someone and needing someone to love me.

\_\_\_ 79. I am able to love others without domination or being dominated by them.

\_\_\_ 80. I am able to love others unconditionally.

\_\_\_ 81. I am able to love myself unconditionally.

\_\_\_ 82. I currently experience love from others around me.

\_\_\_ 83. I believe my life has meaning and direction.

\_\_\_ 84. I feel my life is challenging and exciting.

\_\_\_ 85. I have set goals and objectives for my life.

\_\_\_ 86. I feel that I am achieving some of those goals.

\_\_\_ 87. I am able to talk about death to/with family and/or friends.

\_\_\_ 88. I am prepared and unafraid of death.

\_\_\_ 89. I look forward to the future for an opportunity for growth.

\_\_\_ 90. I live in the here and now.

\_\_\_ 91. I live in the past or future.

\_\_\_ 92. I perceive problems or adversities for opportunities as opportunities for growth.

\_\_\_ 93. I consider myself to be an integral part of some “great plan.”

\_\_\_ 94. I am aware of experiencing “miracles” in my daily life.

\_\_\_ 95. The concept of “God” has personal definition and meaning to me.

\_\_\_ 96. I experience a sense of wonder and awe when I think about the universe.

\_\_\_ 97. I believe there are dimensions of reality beyond human comprehension.

\_\_\_ 98. It is OK with me that certain things are unknowable.

\_\_\_ 99. I spend time singing, praying, or meditation with other people and experience a sense of unity.

\_\_\_ 100. I do not pressure others to accept my personal beliefs.

PERSONAL COMMENTS

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