

How Temperamental Am I?

Activity Level—How active or restless are you?

Low Activity

Medium Activity

High Activity

Distractibility—How easily are you distracted? Can you pay attention?

Low Distractibility

Medium Distractibility

High Distractibility

Intensity—How loud are you—when you're happy or you're upset?

Low Intensity

Medium Intensity

High Intensity

Regularity—How predictable are you in your patterns of sleep, appetite, and so forth?

Very Regular

Sometimes Regular

Highly Irregular

Persistence— Positive: Once involved with something, do you stick to it?

Negative: How relentless or stubborn are you when you want something?

Low Persistence

Medium Persistence

High Persistence

Sensory Threshold—How much do you react to various sensory stimuli?

Hardly Notice It

Bothers Me Sometimes

Bothers/Overstimulates Me

Noise?

Bright Lights?

Smells?

Pain?

Tastes?

Texture and feel of clothing?

Approach/Withdrawal—What is your initial reaction to newness—places, people, foods, clothes?

Love to try new things

It depends

Prefer things I know

Adaptability—How do you deal with transition or change?

Like it

It's okay

Hate it

Mood—Are you generally lighthearted or generally somber and serious?

Lighthearted

It depends

Somber