

### Components of My Temperament (partner one)

Circle the descriptions that most accurately describe where you stand *most of the time*.

<b>Sensory Threshold</b>	I like lots of stimulation	I don't like too much too soon, but I gradually adapt	I'm easily over-stimulated
<b>Energy</b>	I usually have lots of energy	My energy level is okay	My energy level is usually low
<b>Arousal</b>	I tend to get excited	I can get interested, but not usually excited	I'm always calm
<b>Sensitivity</b>	I'm thick-skinned	Some things get to me, some don't	I'm easily hurt
<b>Activity Level</b>	I'm always "on the go"	I do what I need to do	I have a hard time getting started
<b>Persistence</b>	I keep trying	I hold back on initial efforts sometimes, but usually keep trying	I'm prone to give up easily (but I can learn to try something new)
<b>New Situations</b>	I'm generally curious and enthusiastic in new situations	I tend to be cautious in new situations	I'm anxious in new situations
<b>Transitions (e.g. coming-going, sleeping-waking, working-relaxing)</b>	Transitions are easy for me – I look forward to change	I'm not crazy about transitions, but I do them okay	Transitions are usually hard for me – I don't like change
<b>Focus Concentration</b>	I normally have high levels of interest and concentration	My interest and concentration falter under stress	I'm easily distracted and given to scanning
<b>Attention to detail</b>	I usually see the "big picture"	I balance "the trees with "the forest"	I dot every "I" and cross every "T"

<b>Organization</b>	I'm highly organized	I'm organized when necessary	I spend a lot of time looking for things
<b>Sociability</b>	I'm outgoing and friendly	I'm slow to warm up, but like people once I get to know them	I'm shy and inhibited
<b>Self-consciousness</b>	I'm not overly concerned with the impressions I make	I worry about what people think	I have no idea what people think <i>Or</i> I usually try to get them to think well of me
<b>Optimism</b>	I'm mostly positive	Sometimes I'm up and sometimes I'm down	I have a tendency to be negative
<b>Level of Spirituality</b>	I'm very spiritual	I'm somewhat spiritual	I don't think I'm spiritual

Try this exercise in self-discovery. Write a paragraph about yourself using the items you circled. Here's an example:

<b>Temperamental Description (sample)</b>
<p>I'm easily over-stimulated, but my energy level is okay, as long as I get plenty of rest. I tend to get excited about things and I'm easily hurt. I do what I need to do most of the time, and if at first I don't succeed, I keep trying. I tend to be cautious in new situations. Transitions are hard for me, so I have to be careful to plan them out in advance. I usually see the big picture, but I'm easily distracted and my thoughts sometimes race. I'm slow to warm up in social situations, but once I get going, I usually have a good time, although I often worry about what other people think. I'm somewhat spiritual, depending on my mood, and I'm mostly positive in my outlook on life.</p>

<b>My Temperamental Description</b>

### Adaptations

While temperament changes little over the lifespan, we learn to adaptions for managing them. Indicate your adaptations below.

<b>Temperamental Quality</b>	<b>My Adaptation</b>	<b>How I Might Adapt Better</b>
<b>Sensory Threshold</b>	Avoid social contact	Make sure I get enough sleep (raises sensory threshold)
<b>Energy</b>	Push myself really hard	Take daily 30-minute walks to increase energy
<b>Arousal</b>	Avoid excitement	Center myself before taking on anxiety-provoking tasks
<b>Sensitivity</b>	Act superior	Don't take other people's behavior personally
<b>Activity Level</b>	Not take on too much activity	Prioritize my activities.
<b>Persistence</b>	Distract myself with something else	Try to look at the problem from multiple perspectives
<b>New Situations</b>	I fight them.	Try to look for something to learn.
<b>Transitions (e.g. coming-going, sleeping-waking, working-relaxing)</b>	Dread surprises.	Recognize that transitions are natural and sometimes awkward; give myself a second to adapt.
<b>Focus Concentration</b>	I bark at people if they interrupt me.	Encourage (not punish) myself to focus and concentrate.
<b>Attention to detail</b>	The devil is the details, so I curse them.	Try to list the details before I start a task.
<b>Organization</b>	Accept that I will spend a good portion of my life looking for things in this mess.	Try to file once a week and appreciate the tradeoff – if I'm not organized, I'm probably more creative.
<b>Sociability</b>	People get on my nerves.	Try to find something to be interested in concerning the people I encounter.
<b>Self-consciousness</b>	People judge me.	Focus on how other people deal with social situations.
<b>Optimism</b>	To avoid being negative, I try not to think about the future.	Understand that my initial negative though is only one part of the total picture and try to look for something positive also.

<b>Level of Spirituality</b>	I get irritated with “spiritual” people.	Try to keep an open heart for the possibility of connecting to something larger than the self.
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### Components of My Temperament (partner two)

Circle the descriptions that most accurately describe where you stand *most of the time*.

<b>Sensory Threshold</b>	I like lots of stimulation	I don't like too much too soon, but I gradually adapt	I'm easily over-stimulated
<b>Energy</b>	I usually have lots of energy	My energy level is okay	My energy level is usually low
<b>Arousal</b>	I tend to get excited	I can get interested, but not usually excited	I'm always calm
<b>Sensitivity</b>	I'm thick-skinned	Some things get to me, some don't	I'm easily hurt
<b>Activity Level</b>	I'm always “on the go”	I do what I need to do	I have a hard time getting started
<b>Persistence</b>	I keep trying	I hold back on initial efforts sometimes, but usually keep trying	I'm prone to give up easily (but I can learn to try something new)
<b>New Situations</b>	I'm generally curious and enthusiastic in new situations	I tend to be cautious in new situations	I'm anxious in new situations
<b>Transitions (e.g. coming-going, sleeping-waking, working-relaxing)</b>	Transitions are easy for me – I look forward to change	I'm not crazy about transitions, but I do them okay	Transitions are usually hard for me – I don't like change
<b>Focus Concentration</b>	I normally have high levels of interest and concentration	My interest and concentration falter under stress	I'm easily distracted and given to scanning

<b>Attention to detail</b>	I usually see the “big picture”	I balance “the trees with “the forest”	I dot every “I” and cross every “T”
<b>Organization</b>	I’m highly organized	I’m organized when necessary	I spend a lot of time looking for things
<b>Sociability</b>	I’m outgoing and friendly	I’m slow to warm up, but like people once I get to know them	I’m shy and inhibited
<b>Self-consciousness</b>	I’m not overly concerned with the impressions I make	I worry about what people think	I have no idea what people think <i>Or</i> I usually try to get them to think well of me
<b>Optimism</b>	I’m mostly positive	Sometimes I’m up and sometimes I’m down	I have a tendency to be negative
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<b>Sociability</b>	People get on my nerves.	Try to find something to be interested in concerning the people I encounter.
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<b>Optimism</b>	To avoid being negative, I try not to	Understand that my initial negative though is only one part of the total picture

	think about the future.	and try to look for something positive also.
<b>Level of Spirituality</b>	I get irritated with “spiritual” people.	Try to keep an open heart for the possibility of connecting to something larger than the self.