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**How Do You See Yourself?**

Adapted from *True Colors* by Roger Birkman, PhD

Following are some statement to consider about yourself. Read each statement carefully. Mark every statement, even when you are in doubt. It’s best to mark your first answer but don’t spend lots of time *thinking* about the answer.

**GROUP 1**

1. Argue when contradicted. T F

2. Openly express differences of opinion with groups and individuals. T F

3. Argue a point when I know I’m right. T F

4. Tell a person what I think of him or her when annoyed. T F

5. Bluff to get what I want. T F

6. Put annoying people in their places. T F

7. Help friends by pointing out their faults. T F

8. Keep others guessing. T F

**GROUP 2**

9. Like firm and strict supervision. T F

10. Orderly and systematic. T F

11. Seldom leave things until the last minute. T F

12. Want to be early for appointments. T F

13. Work for accuracy rather than speed. T F

14. Like to finish a job I’ve started even though others lost patience

with me. T F

15. Can schedule my time for a week or longer and stick with it. T F

16. Prefer to take care of the details rather than take things as they come. T F

When you have completed all sixteen questions, total the number of True answers in each section.

**GROUP 1 TRUE ANSWERS** \_\_\_\_\_\_\_

**GROUP 2 TRUE ANSWERS** \_\_\_\_\_\_\_