

# MY BEHAVIOURAL PROFILE

## Scoring

### 1. Scoring for Items 1, 2, and 3

Item 1 is a simple measure of your extroversion, Item 2 concerns how anxious you tend to be and Item 3 relates to your level of openness to new experiences. Transfer the ratings you assigned to these three items, and add up the numbers to create a single score.

	Statement	Your Rating
1	I sometimes chat to strangers when queuing in a supermarket or bank	
2	I do not have a tendency to worry and feel anxious about life	
3	I am open to new experiences, such as trying new types of food or drinks	
	Total	

Look at the scale below to see whether your score is categorized as high, medium or low.

Low Scores	Medium Scores	High Scores
3 4 5 6 7 8	9 10 11	12 13 14 15

People who tend to behave in a more positive manner tend to score much higher on these items than other people. People who tend to behave in a more negative manner tend to obtain the lowest scores.

### 2. Scoring for Items 4 and 5

Item 4 asks about the degree to which you listen to your gut feelings and hunches and Item 5 concerns whether you take steps to attempt to increase your intuitive abilities. Transfer the ratings you assigned to these two items, and add up the numbers to create a single score.

	Statement	Your Rating
4	I often listen to my gut feelings and hunches	
5	I have tried some techniques to boost my intuition, such as meditation or just going to a quiet place	
	Total	

Look at the scale below to see whether your score is categorized as high, medium or low.

Low Scores                      Medium Scores                      High Scores

2	3	4
---	---	---

5	6	7
---	---	---

8	9	10
---	---	----

People who tend to act in a more positive manner tend to score much higher on these items than other people. People who tend to behave in a more negative manner tend to obtain the lowest scores.

### 3. Scoring for Items 6, 7, and 8

Item 6 asked about the degree to which you expect the future to be bright. Item 7 asked whether you would attempt to get what you want from life when the chances are slim. Item 8 concerned your attitude towards your interactions with others. Transfer the ratings you assigned to these items, and add up the numbers to create a single score.

	Statement	Your Rating
6	I nearly always expect good things to happen to me in the future	
7	I tend to try to get what I want from life, even if the chances of success seem slim	
8	I expect most of the people that I meet to be pleasant, friendly and helpful	
	Total	

Look at the scale below to see whether your score is categorized as high, medium or low.

Low Scores                      Medium Scores                      High Scores

3	4	5	6	7	8	9
---	---	---	---	---	---	---

10	11
----	----

12	13	14	15
----	----	----	----

People who tend to act in a more positive manner tend to score much higher on these items than other people. People who tend to behave in a more negative manner tend to obtain the lowest scores.

### 4 Scoring for Items 9, 10, 11, and 12

Item 9 asked about the degree to which you look at the positive aspects of events in your life. Item 10 asked whether you take the long view of any apparent ill fortune. Item 11 concerned the degree to which you dwell on your past failure. Item 12 examined the degree to which you tried to learn from bad experiences in the past.

Transfer the ratings you assigned to these items, and add up the numbers to create a single score.

	Statement	Your Rating
9	I tend to look on the bright side of whatever happens to me	
10	I believe that even negative events will work out well for me in the long run	
11	I don't tend to dwell on the things that haven't worked out well for me in the past	
12	I try to learn from the mistakes that I have made in the past.	
	Total	

Look at the scale below to see whether your score is categorized as high, medium or low.

Low Scores

Medium Scores

High Scores

4	5	6	7	8	9	10
---	---	---	---	---	---	----

11	12	13	14	15	16
----	----	----	----	----	----

17	18	19	20
----	----	----	----

People who tend to act in a more positive manner tend to score much higher on these items than other people. People who tend to behave in a more negative manner tend to obtain the lowest scores.