

Which One Are You? Core Temperament Scale

From HeartWise® Life

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Core Temperament Scale

What Is A Core Temperament?

Each person is born with inherited tendencies that are called temperament. The core temperament traits are inclinations that are predictive of possible ways a person might respond or interact within their environments. The four core temperaments are within each person, and you may have one dominant temperament, or you may have several temperament patterns. This Core Temperament Scale reveals your basic tendencies.

Objective of the Scale

The purpose here is for you to know your true self, to grasp who you really are in your most natural approach to life. Your effectiveness in life is based in your awareness of who you are. Your influence in life is founded on your ability to know and interact with others.

Instructions

This example question from Core Temperament Scale on the next page is one of 20. Read the question on the left and put the appropriate number in the box to the right of the trait. Answer the question based on how the trait feels to you. If you get stuck, if you stop to think, move to the next row and return to it later. Remember, the higher number is MOST like you. Here is the scale.

Scale: 4 = MOST like me 3 = Often like me 2 = LESS OFTEN like me 1 = LEAST like me

What do you value most?	Freedom	4	Harmony	1	Intelligence	2	Practicality	3
What is your Leadership Style?	Trouble shooter	2	Inspiring	4	Strategic	3	Stabilizing	1

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Are you an:	Intuitive person		Heart person		Head person		Body person	
What is your Leadership Style?	Trouble shooter		Inspiring		Strategic		Stabilizing	
What is your Learning Style?	Intuitive feeling		Auditory listening		Visual seeing		Kinesthetic doing	
What do you value most?	Freedom		Harmony		Intelligence		Practicality	
What are you great at?	Influencing People		Supporting People		Logic/Data		Tasks/Action	
Which of these describes you?	Good communicator		Good helper		Good team member		Good leader or competitor	
How do you make decisions?	What does intuition say?		How does this feel?		What are the strategic options?		Try these options and then decide	
What kind of work do you do?	Creative Entrepreneur		Helping professions		Intellectual scientist, professor		Work with hands and physicality	
What do you thrive on?	Freedom to create		Flow without structure		Rules & Details		Structure & Organization	
What do you enjoy?	Creating, Daydreaming, Influencing		Helping, Sharing, Listening		Planning, Organizing		Putting plans into place, Achieving goals	
How do you relate to time?	Out of time		We have all the time in the world.		Respect time. Be on time.		Time is money. Don't waste time.	

What do you need most?	Freedom of Expression		Appreciation, Connection		Structure, Respect		Achievement, Challenge	
What stresses you out?	Limitations, Too much structure		Angry people, Lack of harmony		Disrespect, No Structure		Slowness or blocked efforts.	
Which of these is your biggest strength?	Offering new ideas and sharing with people		Offering personal support and help		Planning and & finding solution		Managing, supervising. Work Hard	
How do you connect with others?	Feeling		Listening		Seeing		Acting, Doing	
Do you consider yourself:	Charismatic		Empathic		Strong willed		Aggressive, fiery	
When situations are tough, how do you respond?	Escape mentally or physically		Bury feelings and withdraw		Worry and think		Deny feelings	
How do you express love?	To help, to influence		To care for		To support, to nurture		To do or act	
How do you see yourself in relationships?	Playful partner		Passionate soul mate		Reasonable		Loyal, likes tradition	
How do you see yourself as a caregiver?	Creative		Nurturing, warm		Individualizing to each person		Responsible, dutiful	

SCORING

The total possible score for each temperament type is 20.

1. Going down the blue column, add the numbers together and put the number in the box to the right of Ringmaster.
2. Going down the green column, add the numbers together and put the number in the box to the right of Border Collie.
3. Going down the purple column, add the numbers together and put the number in the box to the right of Detective.
4. Going down the dark blue column, add the numbers together and put the number in the box to the right of Bulldozer.

Ringmaster		Border Collie		Detective		Bulldozer	
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Each of us is a blend of all four temperaments, but we usually have a Primary and a Secondary Temperament. Your highest number is your Primary Temperament and your second highest would be your Secondary Temperament. It is not uncommon for an individual to have a Primary and then two that are relatively close together. In other cases, you might find yourself fairly equal in all four temperaments. There is no right or wrong answer – you are a perfectly unique blend of each of the temperaments.

Once you have completed the assessment, please read the Introduction to Core Temperaments for a description of each style. Use the space on page 6 to make note of the characteristics that are most like you for each temperament.

Primary Temperament _____

Secondary Temperament _____

Temperament _____

Temperament _____

NOTES
