

## True Colors Personality Quiz

Describe Yourself: In the boxes below are groups of word clusters printed **horizontally**. Look at all the choices in the first box (A, B, C, D). Read the words and **decide which of the four letter choices is most like you**. Give that cluster a "4" Then rank the next three letter choices from 3-1 in descending preference. You will end up with a **box of four letter choices ranked from 4 (most like you) to 1 (least like you)**. Continue this process with the remaining four boxes.

Box 1			
<b>A</b> _____ active opportunistic spontaneous	<b>B</b> _____ parental traditional responsible	<b>C</b> _____ authentic harmonious compassionate	<b>D</b> _____ versatile inventive competent
Box 2			
<b>E</b> _____ curious conceptual knowledgeable	<b>F</b> _____ unique empathetic communicative	<b>G</b> _____ practical sensible dependable	<b>H</b> _____ competitive impetuous impactful
Box 3			
<b>I</b> _____ loyal conservative organized	<b>J</b> _____ devoted warm poetic	<b>K</b> _____ realistic open-minded adventuresome	<b>L</b> _____ theoretical seeking ingenious
Box 4			
<b>M</b> _____ concerned procedural cooperative	<b>N</b> _____ daring impulsive fun	<b>O</b> _____ tender inspirational dramatic	<b>P</b> _____ determined complex composed
Box 5			
<b>Q</b> _____ philosophical principled rational	<b>R</b> _____ vivacious affectionate sympathetic	<b>S</b> _____ exciting courageous skillful	<b>T</b> _____ orderly conventional caring

Add up the rankings you gave each group of letters and record them in the boxes below

A, H, K, N, S	B, G, I, M, T	C, F, J, O, R	D, E, L, P, Q
Orange	Gold	Blue	Green

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BLUE	GOLD
<p>I need to feel unique and authentic. Enthusiastic, sympathetic, personal, I look for meaning and significance in life. Warm, communicative, compassionate, I need to contribute, to encourage, and to care. Idealistic, spiritual, sincere, I value integrity and unity in relationships. Peaceful, flexible, imaginative, I am a natural romantic, a poet, a nurturer.</p>	<p>I need to follow rules and respect authority. Loyal, dependable, prepared, I have a strong sense of what is right and wrong in life. Thorough, sensible, punctual, I need to be useful and belong. Faithful, stable, organized, I value home, family, and tradition. Caring, concerned, concrete, I am a natural preserver, a parent, a helper.</p>
<p><b>In Childhood:</b></p> <ul style="list-style-type: none"> <li>• I was extremely imaginative and found it difficult to fit into the structure of school life.</li> <li>• I reacted with great sensitivity to discordance or rejection and sought recognition.</li> <li>• I responded to encouragement rather than competition.</li> </ul>	<p><b>In Childhood:</b></p> <ul style="list-style-type: none"> <li>• I wanted to follow the rules and regulations of the school.</li> <li>• I understood and respected authority and was comfortable with academic routine.</li> <li>• I was the easiest of all types of children to adapt to the education system.</li> </ul>
<p><b>In Relationships</b></p> <ul style="list-style-type: none"> <li>• I seek harmonious relationships</li> <li>• I am a true romantic and believe in drama, warmth, and empathy in all relationships</li> <li>• I enjoy the symbols of romance such as flowers, candlelight, and music and cherish the small gestures of affection.</li> </ul>	<p><b>In Relationships:</b></p> <ul style="list-style-type: none"> <li>• I am serious and tend to have traditional, conservative views of both love and marriage</li> <li>• I enjoy others who can work along with me, building secure, predictable relationships together.</li> <li>• I demonstrate admiration through the practical things I do for the ones I love.</li> </ul>
<p><b>At Work</b></p> <ul style="list-style-type: none"> <li>• I have a strong desire to influence others so they may lead more significant lives.</li> <li>• I often work in the arts, communication, education, and helping professions.</li> <li>• I am adept at motivating and interacting with others.</li> </ul>	<p><b>At Work:</b></p> <ul style="list-style-type: none"> <li>• I provide stability and can maintain organization.</li> <li>• My ability to handle details and to work hard makes me the backbone of many organizations.</li> <li>• I believe that work comes before play, even if I must work overtime to complete the task.</li> </ul>
<p><b>Leadership Style</b></p> <ul style="list-style-type: none"> <li>• Expects others to express views</li> <li>• Assumes "family spirit"</li> <li>• Individual oriented</li> <li>• Democratic, unstructured approach</li> <li>• Encourages changes via human potential</li> <li>• Expects people to develop their potential</li> </ul>	<p><b>Leadership Style:</b></p> <ul style="list-style-type: none"> <li>• Expects punctuality, order, loyalty</li> <li>• Assumes "right" way to do things</li> <li>• Seldom questions tradition</li> <li>• Rules oriented</li> <li>• Detailed/thorough approach - threatened by change</li> <li>• Prolonged time to initiate any change</li> <li>• Expects people to "play" their roles</li> </ul>
<p><b>Symptoms of a Bad Day</b></p> <ul style="list-style-type: none"> <li>• Attention getting misbehavior</li> <li>• Lying to save face</li> <li>• Withdrawal</li> <li>• Fantasy, day-dreaming, going into a trance</li> <li>• Crying and depression</li> <li>• Passive resistance</li> <li>• Yelling and screaming</li> </ul>	<p><b>Symptoms of a Bad Day</b></p> <ul style="list-style-type: none"> <li>• Complaining and self-pity</li> <li>• Anxiety and worry; depression and fatigue</li> <li>• Psychosomatic problems</li> <li>• Malicious judgements about yourself or others</li> <li>• Herd mentality exhibited in blind following of leaders</li> <li>• Authoritarianism and phobic reactions</li> </ul>



## True Colors Personality Quiz

GREEN	ORANGE
<p>I seek knowledge and understanding. Analytical, global, conceptual, I live by my own standards. Cool, calm, collected, I need explanation and answers. Inventive, logical, perfectionist, I value intelligence, insight, fairness, and justice. Abstract, hypothetical, investigative, I am a natural non-conformist, a visionary, a problem solver.</p>	<p>I act on a moment's notice. Witty, charming, spontaneous, I consider life a game, here and now. Impulsive, generous, I need fun, variety, and excitement. Optimistic, eager, bold, I value skill, resourcefulness, and courage. Physical, immediate, fraternal, I am a natural troubleshooter, a performer, a competitor.</p>
<p><b>In Childhood:</b></p> <ul style="list-style-type: none"> <li>• I appeared to be older than my years and focused on my greater interests, achieving in subjects that were mentally stimulating.</li> <li>• I was impatient with drill and routine, questioned authority, and found it necessary to respect teachers before I could learn from them.</li> </ul>	<p><b>In Childhood:</b></p> <ul style="list-style-type: none"> <li>• Of all types of children, I had the most difficult time fitting into academic routine.</li> <li>• I learned by doing and experiencing rather than by listening and reading.</li> <li>• I needed physical involvement in the learning process and was motivated by my own competitive nature and sense of fun.</li> </ul>
<p><b>In Relationships</b></p> <ul style="list-style-type: none"> <li>• I prefer to let my head rule my heart.</li> <li>• I dislike repetition, so it is difficult for me to continuously express feeling. I believe that once feelings are stated, they are obvious to others.</li> <li>• I am uneasy when my emotions control me. I want to establish a relationship, leave it to maintain itself, and turn my energies to my studies, work, or other interests.</li> </ul>	<p><b>In Relationships:</b></p> <ul style="list-style-type: none"> <li>• I seek a relationship with shared activities and interests.</li> <li>• I like to explore new ways to energize the relationship.</li> <li>• In a relationships, I need to be bold and thrive on physical contact.</li> <li>• I enjoy giving extravagant gifts that bring obvious pleasure to the special people in my life.</li> </ul>
<p><b>At Work</b></p> <ul style="list-style-type: none"> <li>• I am conceptual and an independent thinker. For me, work is play.</li> <li>• I am drawn to constant challenge in careers, and like to develop models, explore ideas, or build systems to satisfy my need to deal with innovation.</li> <li>• Once I have perfected an idea, I prefer to move on, leaving the project to be maintained and supported by others.</li> </ul>	<p><b>At Work:</b></p> <ul style="list-style-type: none"> <li>• I am bored and restless with jobs that are routine and structured.</li> <li>• I am satisfied in careers that allow me independence and freedom, while utilizing my physical coordination and my love of tools.</li> <li>• I view any kind of tool as an extension of myself.</li> <li>• I am a natural performer</li> </ul>
<p><b>Leadership Style</b></p> <ul style="list-style-type: none"> <li>• Expects intelligence and competence</li> <li>• Assumes task relevancy</li> <li>• Seeks ways to improve systems</li> <li>• Visionary, analytical</li> <li>• Encourages change for improvement</li> <li>• Constantly in process of change</li> <li>• Expects people to follow through</li> </ul>	<p><b>Leadership Style:</b></p> <ul style="list-style-type: none"> <li>• Expects quick action</li> <li>• Works in the here and now</li> <li>• Performance oriented</li> <li>• Flexible approach</li> <li>• Welcomes change</li> <li>• Expects people to make it fun</li> </ul>
<p><b>Symptoms of a Bad Day</b></p> <ul style="list-style-type: none"> <li>• Indecisiveness</li> <li>• Refusal to comply or cooperate, silent treatment</li> <li>• Extreme aloofness and withdrawal</li> <li>• Snobbish, put-down remarks, sarcasm</li> <li>• Perfectionism due to severe performance anxiety</li> <li>• Highly critical attitudes towards self or others</li> </ul>	<p><b>Symptoms of a Bad Day</b></p> <ul style="list-style-type: none"> <li>• Rudeness and defiance</li> <li>• Breaking the rules intentionally</li> <li>• Running away, dropping out</li> <li>• Use of stimulants</li> <li>• Acting out boisterously</li> <li>• Lying and cheating</li> <li>• Physical aggressiveness</li> </ul>