

# Are You Stress Prone?

*Rate yourself as to how you typically react in each of the situations listed below. There are no right or wrong answers.*

**4-Always; 3-Frequently; 2-Sometimes; 1-Never**

1. Do you try to do as much as possible in the least amount of time?
2. Do you become impatient with delays or interruptions?
3. Do you always have to win at games to enjoy yourself?
4. Do you find yourself speeding up the car to beat the red light?
5. Are you unlikely to ask for or indicate you need help with a problem?
6. Do you constantly seek the respect and admiration of others?
7. Are you overly critical of the way others do their work?
8. Do you have the habit of looking at your watch or clock often?
9. Do you constantly strive to better your position and achievements?
10. Do you spread yourself "too thin" in terms of your time?
11. Do you have the habit of doing more than one thing at a time?
12. Do you frequently get angry or irritable?
13. Do you have little time for hobbies or time by yourself?
14. Do you have a tendency to talk quickly or hasten conversation?
15. Do you consider yourself hard-driving?
16. Do your friends or relatives consider you hard-driving?
17. Do you have a tendency to get involved in multiple projects?
18. Do you have a lot of deadlines in your work?
19. Do you feel vaguely guilty if you relax and do nothing during leisure?
20. Do you take on too many responsibilities?

## **Scale:**

- |         |            |
|---------|------------|
| ➤ 30-49 | Normal     |
| ➤ 50-60 | Borderline |
| ➤ 60-80 | High       |

# Self-Test for Type A Personality

*Each scale below is composed of a pair of adjectives or phrases chosen to represent two kinds of contrasting behavior. Each of us belongs somewhere along the line between the two extremes. Since most of us are neither the most competitive nor the least competitive person we know, rate yourself from 1 (low) to 5 (high) where you think you belong between the two extremes.*

1. Doesn't mind leaving things temporarily ... Must get things finished once started
2. Calm and unhurried about appointments ... Never late for appointments
3. Not competitive ... Highly competitive
4. Listens well, lets others finish speaking ... Anticipates others in conversation (nods, interrupts, finishes sentences for the other)
5. Never in a hurry, even when ... Always in a hurry pressured
6. Able to wait calmly ... Uneasy when waiting
7. Easygoing ... Always going full speed ahead
8. Takes one thing at a time ... Tries to do more than one thing at a time, thinks about what to do next
9. Slow and deliberate in speech ... Vigorous and forceful in speech (uses a lot of gestures)
10. Concerned with satisfying himself, not others ... Wants recognition by others for a job well done
11. Slow doing things ... Fast doing things (eating, walking, etc.)
12. Easygoing ... Hard driving
13. Expresses feelings openly ... Holds feelings in
14. Has a large number of interests ... Few interest outside work
15. Satisfied with job ... Ambitious, wants quick advancement
16. Never sets own deadlines ... Often sets own deadlines
17. Feels limited responsibility ... Always feels responsible
18. Never judges things in terms of numbers ... Often judges performance in terms of numbers (how many, how much)
19. Casual about work ... Takes work very seriously
20. Not very precise ... Very precise (attention to detail)

## Analysis:

- |              |         |
|--------------|---------|
| ➤ 91-100 ... | Type A1 |
| ➤ 80-90 ...  | Type A2 |
| ➤ 60-79 ...  | Type AB |
| ➤ 30-59 ...  | Type B2 |
| ➤ 0-29 ...   | Type B1 |