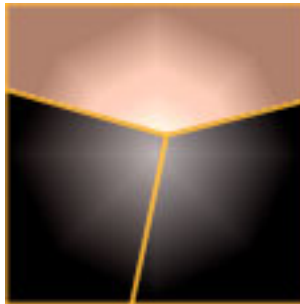


**Integrity Curriculum  
Michelle Ciurea  
Beacon Hill Friends Meeting  
First Day School**

**Personality Tests**

Source: <http://www.psicologi-psicoterapeuti.it/test/dynamic.html>

No multiple choice questions. Just choose the pattern which appeals most to you and this test will tell you what you are like. 2 minutes. Or 10 for the indecisive.





Carefree Playful Cheerful

You love a free and spontaneous life. And you attempt to enjoy it to the fullest, in accordance with the motto: "You only live once."

You are very curious and open about everything new; you thrive on change. Nothing is worse than when you feel tied down. You experience your environment as being versatile and always good for a surprise.



Down to earth Well-Balanced Harmonious

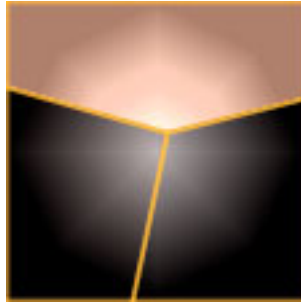
You value a natural style and love that which is uncomplicated. People admire you because you have both feet planted firmly on the ground and they can depend on you. You give those who are close to you security and space. You are perceived as being warm and human. You reject everything that is garish and trite. You tend to be skeptical toward the whims of fashion trends. For you, clothing has to be practical and unobtrusively elegant.



Analytical Trustworthy Self Assured

Your momentary sensitivity represents that which is of high quality and durable. Consequently, you like to surround yourself with little "gems," which you discover wherever they are overlooked by others.

Thus, culture plays a special role in your life. You have found your own personal style, which is elegant and exclusive, free from the whims of fashion. Your ideal, upon which you base your life, is cultured pleasure. You value a certain level of culture on the part of the people with whom you associate



**Independent Unconventional Unfettered**

You demand a free and unattached life for yourself that allows you to determine your own course. You have an artistic bent in your work or leisure activities. Your urge for freedom sometimes causes you to do exactly the opposite of what expected of you.

Your lifestyle is highly individualistic. You would never blindly imitate what is "in"; on the contrary, you seek to live according to your own ideas and convictions, even if this means swimming against the tide



**Professional Pragmatic Self Assured**

You take charge of your life, and place less faith in your luck and more in your own deeds. You solve problems in a practical, uncomplicated manner. You take a realistic view of the things in your daily life and tackle them without wavering. You are given a great deal of responsibility at work, because people know that you can be depended upon.

Your pronounced strength of will projects your self-assurance to others. You are never fully satisfied until you have accomplished your ideas.



#### Romantic Dreamy Emotional

You are a very sensitive person. You refuse to view things only from a sober, rational standpoint. What your feelings tell you is just as important to you. In fact, you feel it is important to have dreams in life, too. You reject people who scorn romanticism and are guided only by rationality. You refuse to let anything confine the rich variety of your moods and emotions.



#### Introspective Sensitive Reflective

You come to grips more frequently and thoroughly with yourself and your environment than do most people. You detest superficiality; you'd rather be alone than have to suffer through small talk. But your relationships with your friends are very strong, which gives you the inner tranquility and harmony that you require. You do not mind being alone for extended periods of time; you rarely become bored



#### Peaceful Discreet Non Aggressive

You are easy-going yet discreet. You make friends effortlessly, yet enjoy your privacy and independence. You like to get away from it all and be alone from time to time to contemplate the meaning of life and enjoy yourself. You need space, so you escape to beautiful hideaways, but you are not a loner. You are at peace with yourself and the world, and you appreciate life and what this world has to offer.



**Dynamic Active Extroverted**

You are quite willing to accept certain risks and to make a strong commitment in exchange for interesting and varied work. Routine, in contrast, tends to have a paralyzing effect on you.

What you like most is to be able to play an active role in events. In doing so, your initiative is highly pronounced.

Source: <http://www.personalitytest.net/funtest/hrdept.htm>

**Human resource department**

This is a real test given by the human relations department at many of the major corporations today. It's only ten simple questions, so... Grab a pencil and paper and keep track of your answers.

1. When do you feel your best?

- a. In the morning
- b. During the afternoon and early evening
- c. Late at night

2. You usually walk

- a. Fairly fast, with long steps
- b. Fairly fast, with short, quick steps
- c. Less fast, head up, looking the world in the face
- d. Less fast, head down
- e. Very slowly

3. When talking to people you

- a. Stand with your arms folded
- b. Have your hands clasped
- c. Have one or both your hands on your hips
- d. Touch or push the person to whom you are talking
- e. Play with your ear, touch your chin, or smooth your hair

4. When relaxing, you sit with

- a. Your knees bent with your legs neatly side by side
- b. Your legs crossed
- c. Your legs stretched out or straight
- d. One leg curled under you

5. When something really amuses you, you react with

- a. A big, appreciative laugh
- b. A laugh, but not a loud one
- c. A quiet chuckle
- d. A sheepish smile

6. When you go to a party or social gathering you

- a. Make a loud entrance so everyone notices you
- b. Make a quiet entrance, looking around for someone you know
- c. Make the quietest entrance, trying to stay unnoticed

7. You're working very hard, concentrating hard, and you're interrupted. Do you..

- a. Welcome the break
- b. Feel extremely irritated
- c. Vary between these two extremes

8. Which of the following colors do you like most?

- a. Red or orange
- b. Black
- c. Yellow or light blue
- d. Green
- e. Dark blue or purple
- f. White
- g. Brown or gray

9. When you are in bed at night, in those last few moments before going to sleep, you lie

- a. Stretched out on your back
- b. Stretched out face down on your stomach
- c. On your side, slightly curled
- d. With your head on one arm
- e. With your head under the covers

10. You often dream that you are

- a. Falling
- b. Fighting or struggling
- c. Searching for something or somebody
- d. Flying or floating
- e. You usually have dreamless sleep
- f. Your dreams are always pleasant

Add up your points using the table below:

	A	B	C	D	E	F	G
1	2	4	6				
2	6	4	7	2	1		
3	4	2	5	7	6		

4	4	6	2	1			
5	6	4	3	5			
6	6	4	2				
7	6	2	4				
8	6	7	5	4	3	2	1
9	7	6	4	2	1		
10	4	2	3	5	6	1	

#### Analysis

Over 60 points: Others see you as someone they should "handle with care" You're seen as vain, self-centered, and who is extremely dominant. Others may admire you, wishing they could be more like you, but don't always trust you, hesitating to become too deeply involved with you.

51 to 60 points: Others see you as an exciting, highly volatile, rather impulsive personality; a natural leader, who's quick to make decisions, though not always the right ones. They see you as bold and adventuresome, someone who will try anything once; someone who takes chances and enjoys an adventure. They enjoy being in your company because of the excitement you radiate.

41 to 50 points: Others see you as fresh, lively, charming, amusing, practical, and always interesting; someone who's constantly in the center of attention, but sufficiently well-balanced not to let it go to their head. They also see you as kind, considerate, and understanding; someone who'll always cheer them up and help them out.

31 to 40 points: Others see you as sensible, cautious, careful and practical. They see you as clever, gifted, or talented, but modest...Not a person who makes friends too quickly or easily, but someone who's extremely loyal to friends you do make and who expect the same loyalty in return. Those who really get to know you realize it takes a lot to shake your trust in your friends, but equally that it takes you a long time to get over it if that trust is ever broken.

21 to 30 points: Your friends see you as painstaking and fussy. They see you as very cautious, extremely careful, a slow and steady plodder. It would really surprise them if you ever did something impulsively or on the spur of the moment, expecting you to examine everything carefully from every angle and then, usually decide against it. They think this reaction is caused partly by your careful nature.

Under 21 points: People think you are shy, nervous, and indecisive, someone who needs looking after, who always wants someone else to make the decisions and who doesn't want to get involved with anyone or anything. They see you as a worrier who always sees problems that don't exist. Some people think you're boring. Only those who know you well know that you aren't.

## **The Tibetan Personality Test**

1. Put these in the order of which you like...

Horse, Tiger, Cow, Sheep, Pig

2. Describe each one...

Dog- Cat- Coffee- Sea-

3. Think of someone you're close to and give them a color...

Yellow- Red- Orange- White- Green-

-----Answers-----

1. Horse= Family, Tiger= Pride, Cow= Money, Sheep= Love, Pig= Career

2. Dog= Your Own Personality, Cat= Your Soulmate's Personality, Coffee= The World, Sea= The way you see yourself

3. Yellow= You'll always remember, Red= Someone you love, Orange= A friend, White= Your twin Soul, Green= You'll never forget

## **Fun Self-Knowledge Test**

<http://www.angelfire.com/psy/relationships/page5.html>

1. You are walking in the woods. You are not alone. With whom are you walking?

2. You continue walking in the woods. You see an animal. What kind of animal is it?

3. What kind of interaction takes place between you and the animal?

4. You walk deeper into the woods. You enter a clearing, and before you is your dream house. What size is it?

5. Does your dream house have a fence?

6. You enter the house. You walk to the dining area and see the dining room table. Describe what you see on the table and around it.

7. You exit the house through the back door. Lying in the grass is a cup. What material is the cup made of?



8. What do you do with the cup?

### How to Interpret Answers

1. The person with whom you are walking is the most important person in your life.
2. The size of the animal is representative of your perception of the size of your problems.
3. The severity of the interaction that you have with the animal is representative of how you handle your problems. (i.e. passive or aggressive)
4. The size of your dream house is representative of the size of your ambition to resolve your problems.
5. No fence is indicative of a open personality. People are welcome at all times. The presence of a fence indicates a closed personality. You'd prefer people not to drop by unannounced.
6. If your answer did not include food, people, or flowers, then you are probably generally unhappy.
7. The durability of the material of which the cup is made is representative of the perceived durability of your relationship with the person you named in #1. For example, Styrofoam, plastic and paper are all disposable, while metal, or china are durable.
8. Your disposition of the cup is representative of your attitude toward the person you named in #1.

### Authenticity Quiz – Part A

1. Do you always stand by what you believe in?
2. Are you true to yourself in most situations?
3. Do you live in accordance with your values and beliefs?
4. Does your daily behaviour reflect the real you?
5. Are you, right now, doing the things that are right for you?
6. Are you satisfied with the person you are becoming?
7. Do you feel that you are a person of worth?
8. Are you satisfied with your life?
9. Do you know what your values and beliefs are?

If you answered 'No' to 3 or more of these questions, proceed to Part B. If you answered 'Yes' to 4 or more questions then you are well on your way to living authentically!

### **Authenticity Quiz - Part B**

1. Do you feel out of sync with the real you?
2. Do you often feel you have to hide how you feel inside?
3. Would you like to stop working for the good opinions of others?
4. Are you tired of trying to live up to others expectations?
5. Do you feel pressured to behave in certain ways?
6. Do you feel you always need to do what others expect you to do?
7. Do you wish you had more respect for yourself?
8. Do you ever wonder who you would be if you did not hold back?

If you answered 'Yes' to 3 or more to these questions, consider working on these areas with a life coach.

Source: <http://lauraschenck.com/growth-and-strengths/8-ways-to-live-an-authentic-life>

Various experts in the fields of psychology, psychiatry, and academia offer the following suggestions to move toward living an authentic life:

#### **(1) Read novels.**

Reading novels is “the best way to figure out what it feels like to be in someone else’s head—and that’s what helps us to distinguish our own [identity](#).” It makes you take a step outside of your own experience and develop empathy for the experiences and emotions of other people. This can have the effect of developing deeper compassion and understanding of your own experience.

#### **(2) Meditate.**

Meditation creates moments of [happiness](#) that are not contingent on external factors or manipulation of the environment. It enables you to become a curious, accepting, and nonjudgmental observer of your moment-to-moment experience. When you are truly absorbed in and connected to the present moment, there is less attachment to needing certain outcomes or trying to control the way things are. Meditation can lead to developing a greater sense of authenticity by putting things in larger perspective and help you focus on truly living your life.

#### **(3) Be deliberate.**

Being deliberate means [slowing down](#) and taking the time to mindfully choose how you wish to respond in your interactions with others and your life choices. A large part of living a truly authentic life involves being mindful of your ability to chart your own course and responsibly choose your behaviors. When you exercise greater intentionality and deliberation on your interactions with yourself and others, you may experience a greater sense of authenticity in your life.

**(4) Don't be *too* deliberate.**

People often make better decisions when they don't think about them. Go with your gut. Authentic reactions are much more at a gut level. Try to make choices that are in line with your true values and centered within a deep understanding of who you are as a person... this is being authentic.

**(5) Cultivate solitude.**

Quiet and time for the self are a big plus. There are incredible benefits to taking a bit of quiet reflective time now and then. When you feel bombarded by repeated or intense interactions with other people, taking the time to check back in with yourself through quiet reflection can allow you to tap back in to your inner sense of purpose.

**(6) But stay connected.**

As with all things, the idea is to find the right balance between reflective solitude and connection with others. Community is an outlook toward life in which you define yourself in relation to the world around you, rather than only in connection with yourself. You can learn a great deal about yourself, your strengths, and your areas for improvement through mindfully examining your interactions and relationships with others. Notice the way that you are perceived by others and use the information that you receive from your interactions to build on your sense of an authentic self.

**(7) Play hard.**

Whether it's taking an art class, playing basketball, running, or just hanging out with friends, doing something you really enjoy allows you to express who you really are. Use all of your present moment experiences as opportunities to truly throw yourself into the task at hand.

**(8) Be willing to lose.**

Failure is a part of life. If you're leading a full life, you're going to fail some. Everyone makes mistakes at different moments in life. Try to change the way that you think of [what it means to make mistakes](#) by remembering that failure a wonderful opportunity for growth and improvement. When you truly throw yourself into your work and play with a full heart and an open mind, you are allowing yourself the freedom to make mistakes because you recognize that these are opportunities to learn valuable lessons.