What kind of person are you?

Tick the answer your partner gives.

1 What kind of person do you think you are?
   a) timid [ ]
   b) cautious [ ]
   c) confident [ ]

2 If you have to speak in public. How do you feel?
   a) anxious [ ]
   b) just like usual [ ]
   c) excited [ ]

3 If you got stuck in a lift how would you react?
   a) I'd panic. I'm scared of small places [ ]
   b) I'd stay calm and try to call someone [ ]
   c) I'd sit down and wait to get rescued [ ]

4 If you get into an argument, how do you feel?
   a) upset [ ]
   b) nothing in particular – arguments happen [ ]
   c) great – I love a good argument [ ]

5 Before an exam do you feel:
   a) really worried [ ]
   b) slightly nervous [ ]
   c) fine – it's only an exam [ ]

6 Which of these best describes you:
   a) I worry about lots of things [ ]
   b) I'm cautious but not too much [ ]
   c) I like to take risks [ ]

7 If you saw a big dog would you:
   a) run away [ ]
   b) ignore it [ ]
   c) walk towards it [ ]

8 How often do you get angry?
   a) all the time [ ]
   b) every now and again [ ]
   c) hardly ever [ ]
9 If a friend told you they were frightened of the dark and always slept with the lights on would you:
a) tell them you are as well [   ]  
b) try to find out why and help them [   ]  
c) tell them they were being stupid [   ]

10 Are you frightened of any of the following things:
1. buttons [   ]
2. flying [   ]
3. the dark [   ]
4. heights [   ]
5. spiders [   ]