

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 []