



INTRO TO THE PERSONALITY TEST

What's your personality style? There are many different types of people, and every type of person has its own personality. The person's personality will be relatively stable throughout many aspects of his or her life, and will represent a characteristic pattern. Essentially, this pattern represents the person's life philosophy. Some people can be described as over-achievers, while others as caretakers. Some can be described as driven, while others as passive. Each personality will have advantages and disadvantages. The overachiever may have trouble slowing down or recovering from setbacks, while the caretaker may have trouble taking care of themselves. In the future, these differences will affect how each person manages their health, and specifically, how they attempt to lose weight.

The purpose of taking the personality test is to identify a characteristic pattern in the way each type approaches their weight loss or goals.

For example, all over-achievers will share similar challenges that are unique to their personality. These challenges will be very different from those experienced by the caretakers. After identifying your personality type from the questionnaire provided, you will notice that each comes with its set of challenges and advantages.

The purpose of this exercise is to create a continuation of small group workshops geared towards the same personality type. It is important to remember that no one type is better than another and is about progression and personal development.



PERSONALITY TEST (1-30)

QUESTIONS	T	F	QUESTIONS	T	F
1. I care more than most people about doing the right thing.			16. I can go for months pursuing a goal and then just drop it and do nothing or switch to a new goal.		
2. I have strict rules of right and wrong.			17. When I drop my goals, I often pick up bad habits or substitute them for my new goal.		
3. I want everything to be perfect at all times.			18. My concern for my health and fitness runs hot and cold.		
4. I check things over and over to make sure they're correct.			19. People who know me think I lead a free and easy lifestyle.		
5. You can never be too careful.			20. People tell me I'm intense.		
6. I like to stick to a routine.			21. I trust very few people.		
7. I am usually concerned about making mistakes.			22. I've never really felt secure in a relationship.		
8. I believe in paying attention to detail.			23. People often let me down.		
9. I can't stand poor-quality work and will take steps to fix it.			24. If someone disappoints me, I can get furious.		
10. I meet very few people who share my high standards.			25. I often feel unsure of myself, but I always know what I expect from others.		
11. When something excites me, I will drop everything to pursue it.			26. My moods are highly changeable.		
12. I find routines boring.			27. Even after someone has apologized, I keep feeling hurt for a long time.		
13. When I get excited about something, I feel pumped up with energy and can get by with little sleep.			28. My relationships are frequently filled with drama and chaos.		
14. When I have a goal, I don't allow anything to prevent me from achieving it.			29. I often doubt people's motives.		
15. I can switch from one extreme to another.			30. When I think of myself at different ages, I recall feeling empty.		



PERSONALITY TEST (31-60)

31. I lack passion in my life.			46. I lack energy and most things are a chore for me.		
32. When I'm part of a group, I prefer to let others make the decisions.			47. It would be nice to find something in life that interested me.		
33. Before I make a decision, I always ask other people for their opinions.			48. My sleep habits vary widely; I sleep too many hours or too few hours.		
34. I rarely disagree with anyone.			49. I find it hard to decide and often change my mind.		
35. I wish I felt passionate about something.			50. I sometimes feel depressed.		
36. I enjoy having someone take care of me.			51. I feel best when I'm part of a group.		
37. I don't like to be alone.			52. It makes me feel good when other people need me.		
38. I prefer that others take responsibility for important matters.			53. It's hard for me to refuse a person in need.		
39. I have trouble deciding what I want.			54. I give so much to others that I have little time or energy for myself.		
40. I'm still trying to figure out what I want to do with my life.			55. I rarely spend time on my needs or myself.		
41. It's hard for me to get excited about anything.			56. If I do something for myself, I sometimes feel guilty.		
42. Sometimes I wonder why I'm alive.			57. People like to depend on me.		
43. I don't understand how other people manage to be so happy.			58. I'm always thinking about ways to help other people.		
44. It's very difficult for me to feel close to another person.			59. If people don't appreciate all the sacrifices I make for them, I can feel angry and resentful.		
45. Sometimes I feel guilty, and I'm not sure why.			60. It's important for me to help other people.		



PERSONALITY TEST (31-60)

61. I have a personal definition of "athletic."			66. I wish I could relive my athletic achievements.		
62. I prefer to stick with an exercise routine rather than try new things.			67. I never feel more confident than when I'm demonstrating my athleticism.		
63. I was at one time considered an athlete.			68. I don't like to accept anything less than my personal best.		
64. When people don't think of me as an athlete, my life feels empty.			69. I always want to push myself to achieve better and better results.		
65. When talking about the past, my family members always mention my athletic pursuits.			70. I often speak of my athletic exploits in exciting terms.		

My Score:_____

SCALES

Questions 1-10: Perfectionist
Questions 11-20: All or Nothing
Questions 21-30: Victim
Questions 31-40: Searcher
Questions 41-50: Void
Questions 51-60: Caretaker
Questions 61-70: Athlete

SCORING

1-2 true responses: Very Mild
3-4 true responses: Mild
5-6 true responses: Moderate
7-8 true responses: Severe
9-10 true responses: Very Severe

A score of 7 or higher in a particular category signifies the need to work on becoming more balanced. In the remainder of this chapter, we'll review each type, discuss the positive and negative aspects, and explore how you can reach your goals by working with your traits instead of letting your traits work against you. If you scored 7 or higher in several categories, study the explanation for each and try to gain an understanding of your personality and the way you approach situations.



PERSONALITY

I AM THE _____.

How Has It Helped You?

Think about how your personality traits have supported your progress and helped you succeed.

Example: My drive for success keeps me focused on my goals and motivated to keep going.

How Has It Hurt You?

Reflect on ways your personality might have caused challenges, like procrastination or burnout.

Example: I tend to push too hard, which can lead to exhaustion and injuries.

Identify Your Top Trait

Pick your top personality trait that affects your actions and decisions.

Example: Optimism _____

Make It Your Superpower

How can you use your top traits to your advantage in your weight loss journey?

Example: I'll use my optimism to stay positive through setbacks.