

Career Counselling – Self-Understanding

Activity – Understanding Your Temperament

Look at the following list of personal characteristics and select the ones that best describe your temperament and personal style.

(Circle the ones that relate to you.)

Assertive	Apathetic	Bold	Calm	Cautious	Cheerful
-----------	-----------	------	------	----------	----------

Confident	Critical	Decisive	Deep	Dominating	Energetic	Extroverted
-----------	----------	----------	------	------------	-----------	-------------

Friendly	Good-humoured	Hard-working	Introverted	Intense	Lazy	Lively
----------	---------------	--------------	-------------	---------	------	--------

Meticulous	Modest	Nervous	Optimistic	Outspoken	Perfectionist
------------	--------	---------	------------	-----------	---------------

Pessimistic	Polite	Proud	Quiet	Relaxed	Responsible	Restless	Skeptical
-------------	--------	-------	-------	---------	-------------	----------	-----------

Sensitive	Shy	Sincere	Solitary	Stubborn	Talkative	Thick-Skinned	Tolerant
-----------	-----	---------	----------	----------	-----------	---------------	----------

Trusting	Unconventional	Warm
----------	----------------	------

Now review the temperaments you have selected above and describe situations where you have shown these qualities:

For your own interest, you may want to give the list to someone who knows you and ask them to indicate which temperament types they think best describe you. If there are any temperaments selected that you did not select yourself, ask that person to describe situations where they have seen you show these qualities.



Otago Polytechnic. [Student Support Website](#), 2015.

This work is a derivative of Career Development Program of the [Queensland University of Technology](#). Licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 2.5 Australia License](#).