



Thinking Styles Quiz

Answer each question as honestly as possible in order to try assess and identify your thinking styles:

1. When you consciously experience a sudden strong desire or inner drive to do or say something what is your most common reaction?
 - a. I usually go with the impulse most of the time and just do or say what's on my mind, come what may
 - b. Sometimes I end up doing or saying something I regret later because I didn't think first
 - c. I am pretty good when it comes to thinking things through before speaking or acting
 - d. Most of the time I prefer to stop and consider the potential consequences before doing or saying something on based on impulse

2. Which best describes how you make decisions:
 - a. What makes me feel good is the most important to me even when there is a risk of hurting myself or others (For example doing pleasurable things now that you may regret later)
 - b. Sometimes I make bad decisions that adversely affect myself and others because of a desire to feel pleasure
 - c. I feel pretty confident in my ability to resist the temptation to do something pleasurable if it will bring consequences or hurt others later
 - d. I am good at making the right decision for myself and others whom I care about, even when faced with something really tempting.

3. Which best describes your point of view
 - a. Quite often I see what is negative in situations and I often express my bad feelings about it
 - b. Sometimes I lean toward griping about my circumstances more than I should
 - c. I tend to look for the good in situations overall even when things are difficult
 - d. I almost always look for what is positive in my life situation and I consistently focus on the good rather than the negative

4. When it comes to other people:
 - a. I usually do not like other people and it can come naturally for me to disapprove of most others
 - b. It can be somewhat of a challenge for me to admire and feel pleased with other people
 - c. I usually like most people that I meet and I can find the good in others
 - d. I tend to love and appreciate all kinds of people rather easily and I see some good in just about everyone

5. Which best describes your overall feelings:
 - a. I usually do not recognize, notice or appreciate when others help me
 - b. Sometimes I am appreciative but not as much as I should be
 - c. Most of the time I am thankful toward others and what they do
 - d. Overall I feel very grateful, appreciative and thankful toward others in my life

6. How do you view yourself:
 - a. It is extremely hard for others to convince me that I am wrong
 - b. It is challenging for me to admit when I am wrong but sometimes I can
 - c. I am open minded to considering viewpoints other than my own most of the time
 - d. I have no problem waiting to confirm my own opinion before first trying to learn from others before I jump to any conclusions or insist on my own way



7. In your relationships with other people, which best describes you:
- I tend to be a people pleaser most of the time (Doing things just to get approval or acceptance)
 - Sometimes I find myself doing things that I don't want to do, just to get others to like me, but not always
 - Most of the time I can stand up for myself when I need to, even when pressured by others
 - I always stand up for my principles when it is necessary, even if it means others may not like me for it
8. Which is your tendency:
- If there is a scam, scheme or other way to get over without getting caught I go for it
 - Sometimes I compromise my ethics to take short cuts in life to cheat or get over
 - A good amount of the time I choose to do what is right, even if it isn't easy
 - Most of the time, whenever possible I try to make it a priority to stand by my personal values and sense of right and wrong
9. Which best describes how you handle problems:
- I tend to avoid dealing with issues in life
 - I don't avoid everything but I could still use improvement with facing my problems
 - For the most part I make it a habit to face my problems and do something about them when I can
 - It is a priority in my life to recognize my problems and set goals to do something about them
10. Which one is you?
- To be honest I really can't be trusted to follow through with things to the end
 - I take care of some of my business overall but I still need improvement with my reliability
 - Overall I am pretty reliable for what I need to get done
 - I am a responsible person who can be trusted to take care of any obligations that I am accountable for
11. Again which best describes you:
- My negative thoughts and emotions often get the best of me which can result in senseless, regrettable actions and choices
 - I try to think things through when I am upset, angry, stressed or depressed by sometimes still my negative moods and feelings trigger foolish decisions
 - I am pretty good at trying to think and reason on things before acting, even when I am stressed
 - I honestly feel like I often effectively take the time to calm myself down and reason on things before making decisions, even when I am agitated
12. Which is you when you feel you have been wronged:
- I almost always hold a grudge or seek revenge or both
 - I tend to hold on to hurt most of the time
 - I am able to forgive and let go most of the time
 - Even when I am hurt, eventually I always do my best to let go and move on
13. Which best describes your focus:
- I just about always put myself first even if others have to suffer or take a back seat
 - I tend to be selfish at times, but not always
 - I can be caring towards others when I need to even when my own needs are put on hold
 - It is important to me to consider others needs and take the time and energy needed to help others whom I care about first, even if it means I have to make self-sacrifices

**Now put your answers for 1-13 into the chart on the next page
by circling your answer: a, b, c or d along the line provided in the middle section**



QUESTION	-	Ratings Scale (based on answer a-d)	+
1	Impulsive – Acting without thinking. Allows sudden urges and desires to impact choices, words and behavior	← a — b — c — d →	Reasoning – Thinks things through carefully in a rational manner before speaking or acting
2	Pleasure Driven – Behavior is driven by a desire to feel good, often without considering long term consequences	← a — b — c — d →	Conscience Driven – Takes careful consideration into how words and actions affect self, future and others
3	Complainer – Looks at negative in situations and expresses displeasure	← a — b — c — d →	Brightsider – Looks for the good in situations. Optimistic and positive
4	Hater – Dislikes others. Focused on people’s bad points. Critical	← a — b — c — d →	Lover – Looks for the good in others and seeks out positive connections
5	Ungrateful – Unthankful, Not feeling or showing gratitude and appreciation	← a — b — c — d →	Appreciative – Expressing approval and gratitude. Thankful and accepting
6	Stubborn – Set in one’s ways. Difficult to change view. Closed	← a — b — c — d →	Teachable – Willing to listen, learn and change. Open minded
7	People Pleaser – Compromises self in order to try to make others happy due to personal insecurity*. Difficulty saying no to others resulting in stress	← a — b — c — d →	Assertive – Confident and self-assured. Knows when to say “no” and able to stand up for self when others manipulate or try to take advantage
8	Getover – Looks for a scam, trick or loophole to get around the rules and ethics in effort to get needs met	← a — b — c — d →	Integrity Keeper - Honestly stands by moral principles. Will not compromise ethics just to try to get ahead
9	Avoider – Procrastinates, ducks or dodges problems and other challenges	← a — b — c — d →	Problem Solver – Faces problems and actively works to seek out an answer or solution
10	Irresponsible – Difficulty with accepting and completing tasks. Unreliable. Undependable	← a — b — c — d →	Responsible – Reliable and capable to handle assignments to completion. Accountable and answerable
11	Irrational – Allows feelings and distractions to cloud judgement and reason resulting in poor choices	← a — b — c — d →	Reasonable – Logical and wise with sound judgement. Able to rationally think things through before acting
12	Resentful – Holds on to feelings of anger, disappointment and displeasure toward others and their past actions	← a — b — c — d →	Forgiving – Readily able to forgive, let go and move on even when others have hurt or disappointed them
13	Self-Centered – Concerned primarily with one’s own interests and welfare even at the cost of caring for others	← a — b — c — d →	Compassionate – Having strong empathy and concern for <i>others in need</i> * resulting in good will and giving support and help

*Compassionate person is different from People Pleaser as the motivation is a sincere desire to help others who truly need it, whereas a People Pleaser is more driven by the a desire to do things for others in order to be liked, included and accepted



Process: *Discuss the chart on the previous page.*

- ▶ *For each item 1-13, which thinking style better describes you, the one to the left or the one on the right?*
- ▶ *Which thinking styles would you consider to be strengths for you?*
- ▶ *Which thinking styles do you think that you may need to work on?*
- ▶ *Do you think that you understand how **negative thinking** can result in negative behaviors? – Using what you have learned about your thinking styles, how might this happen specifically for you?*
- ▶ *If **positive thinking** can trigger positive behaviors, then specifically how do you think that you can start to try to change your way of thinking today in order to start seeing some positive outcomes with regard to your future goals?*

**Positive Thinking
+ Positive Action
= Positive Result**