

# B.P.R. Therapy, Mediation & Coaching Services

## Personality Questionnaire

Please read each option first before making your selection

Which statement(s) describes you best? Please select one.

- Big Picture Thinker                       Detail Oriented                       Process Oriented
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- Productive in spite of chaos               Optimist                               Pessimist
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- Past event orientated                       Present Orientated                       Future Oriented

Please select one

- I – Definite since of self-worth and own ideas                       We – Prefers confirmation from others
- Sameness – picks up similarities and patterns                       Difference – picks up on differences
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Please select one

- Polarity Responder – offers alternatives, play’s “devil’s advocate”
- Conformity Responder – More likely to agree than offer alternatives
- Approach – Actively curious, moves toward the unknown
- Avoidance – Inhibited, moves away from the unknown
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Choosing from the options below, which best describes how you deal with conflict?

- Avoidance (tendency to avoid conflict or deny it exist)
- Accommodating (willing to adjust self for the benefit of the other person in order to decrease conflict)
- Compromise (willing to adjust self if and when the other person is willing as well)
- Direct (deals with conflict directly to satisfy own interest)
- Collaborative (Looks to satisfy self and other parties interest)
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- Introvert (energy comes from within)                      **OR**                       Extrovert (Energy comes from others)
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- Sensing (facts orientated)                      **OR**                       Intuitive (read between the lines)
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- Thinking (makes decision based on facts)                      **OR**                       Feeling (makes decisions based on morals)
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- Judging (black and white thinker)                      **OR**                       Perceiving (gray area thinker)

**Therapist Use**

- NF  SP  NT  SJ  
 T  E  S