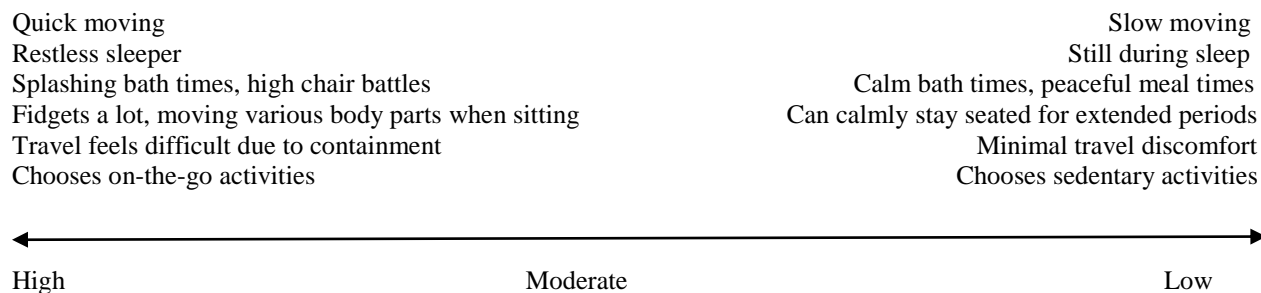


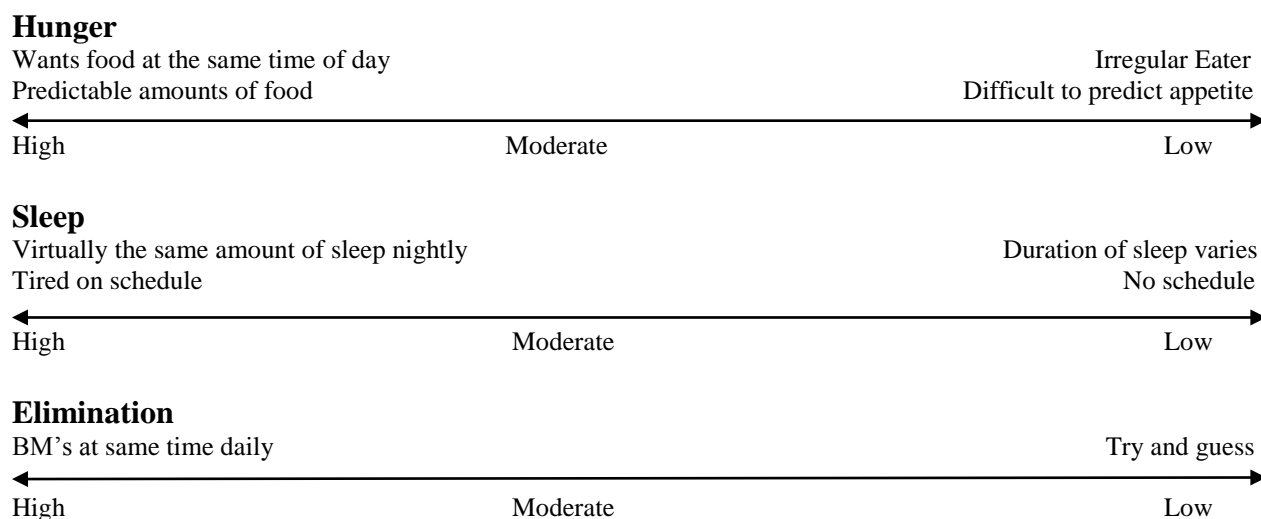
## Using a Rating Scale to Learn about a Person's Temperament

Nine temperament traits are exhibited by all of us at some level, from high to moderate to low. This rating scale will help you identify people's temperament traits. For each person you are thinking about, write their initials on the line along each continuum, at the level you think they most accurately exhibit the trait.

### 1. Activity Level: A person's overall energy level throughout the day.



### 2. Regularity: The day-to-day predictability of patterns & habits: hunger, sleep, & elimination.



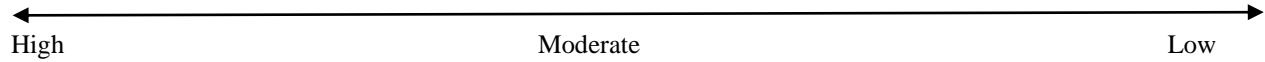
### 3. Withdrawal or Approach: A person's initial tendency for responding to a new experience, new person or new environment.



**4. Adaptability to environmental changes:** How easily a person handles attempts to influence what he/she is doing or thinking.

Adapts quickly to new routine  
 Changes in procedures easily accommodated  
 Easy-going attitude with changes to physical setting  
 Smooth transitions during the day; flexible

Trouble coping with changes in routine  
 Difficulty with changes in procedures  
 Becomes upset with changes to environment  
 Rigid; transitions cause angst

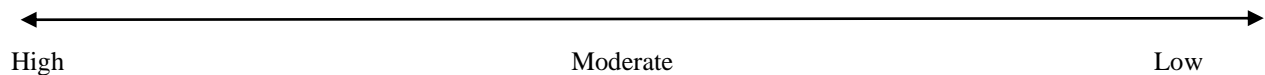


**5. Sensory Awareness:** How sensitive a person is, in each of his/her sensory channels: pain, sight, sound, touch, smell, or taste. How much complaining does a person do regarding noise, lights, room temperature, odors, new tastes, etc.? Do people describe this person as “finicky” or not? Rate each channel separately.

**Pain**

“EEEEOOOOWWWW”

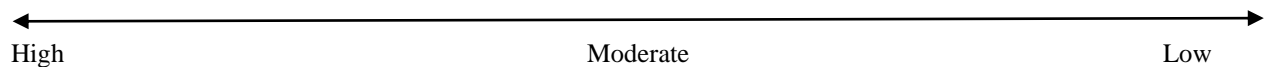
“What pain in my foot?”



**Touch**

Always aware of the sensation - easily irritated or pleased  
 Ultra-sensitive to tags on clothes or fabric types  
 Seems to have a wide “space bubble”

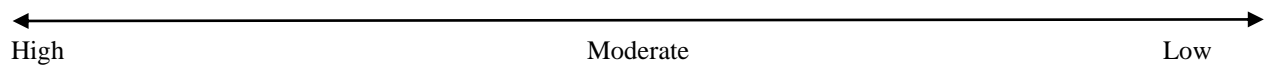
No unusual reaction to touch  
 Doesn't complain about clothes  
 Doesn't mind closeness



**Taste**

Notices tiny variations; may comment on it  
 Reacts strongly to certain foods or textures

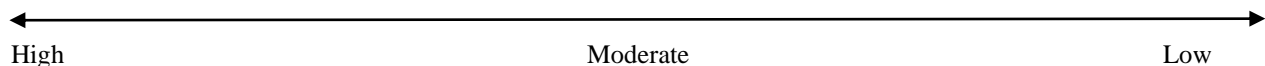
Can't seem to tell the differences  
 Generally accepting of new foods or textures



**Smell**

Like a human bloodhound

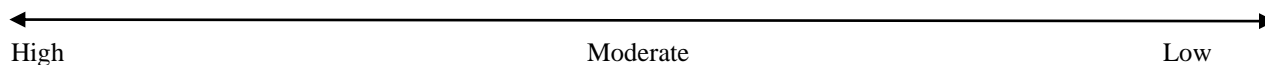
Doesn't seem to notice odors



**Hearing/Sound**

Sensitive to sounds

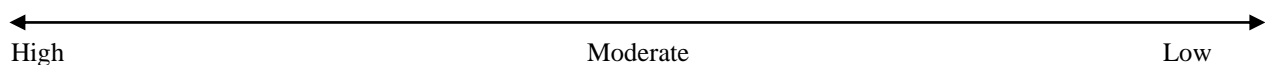
Noise often goes unnoticed



**Sight/Light**

Complains about brightness

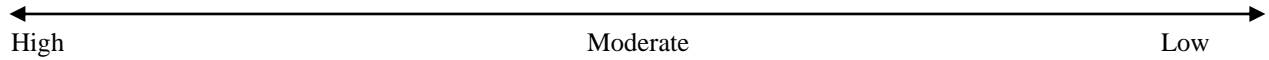
Doesn't seem bothered by it



**6. Intensity of Responses:** The amount of energy a person commonly uses to express emotions.

Impressive tantrums or outbursts  
 Strong reaction to failure  
 Eats with gusto  
 Wears his emotions “on his sleeve”  
 Lots of drama, chortles of laughter

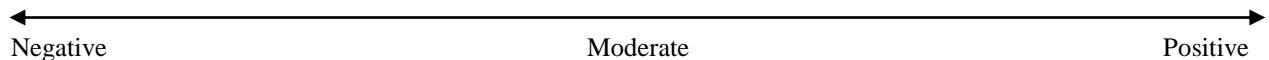
Mild show of temper  
 Pouting and sulking  
 Eats carefully  
 Hard to read  
 Mild, sweet display of emotions



**7. General Mood or Disposition:** The person’s predominant mood.

A serious, negative outlook much of the time  
 Glass is “half empty”  
 Pensive, somber look on face  
 Pessimist

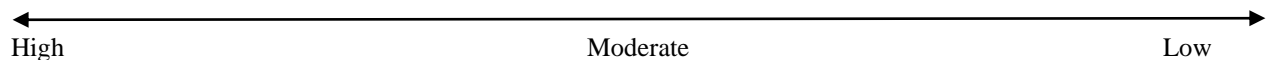
A typically sunny disposition  
 Glass is “half full”  
 Upbeat, cheerful countenance  
 Optimist



**8. Distractibility:** This rates how easily things going on around the person tend to interrupt his/her thought processes or attention, how easily the person’s attention is diverted from one activity to another.

Easily diverted  
 Gets sidetracked when something catches his attention  
 Has trouble working on a task if near television/radio  
 A Band-Aid stops the crying pretty quickly  
 Stops play or work to observe  
 Need a detailed list to stay on track each day

Not very easily diverted  
 Stays focused in midst of distractions  
 Can ignore television/radio when working on a task  
 Hard to recover, even with a Bank-Aid  
 Plays or works even when surrounded by distractions  
 Stays the course without much effort



**9. Persistence in Activity/Attention Span:** The length of time a person will continue to make an effort, especially when the task gets hard.

Sticks with things even when frustrated  
 Attempts things that are too hard but insists on trying  
 Tests people over and over about that same limit  
 Perceived by others as “stubborn”  
 Dwells on a power struggle, holds a grudge  
 Concentrates for a long time

Gives up fairly easily  
 Rarely attempts things that appear too difficult  
 Acquiesces without much fanfare  
 Perceived by others as “complacent”  
 Moves easily into a new frame of mind  
 Has a short attention span

