

WHAT SHAPE ARE YOU? TEST SHEET

Study the rows of words. Choose one word from each row that applies to you most often. Place a tick next to this word. Do not skip any rows.

1. animated adventurous analytical adaptable
2. persistent playful persuasive peaceful
3. submissive self-sacrificing sociable strong-willed
4. considerate controlled competitive convincing
5. refreshing respectful reserved resourceful
6. satisfied sensitive self-reliant spirited
7. planner patient positive promoter
8. sure spontaneous scheduled shy
9. orderly obliging outspoken optimistic
10. friendly faithful funny forceful
11. daring delightful diplomatic detailed
12. cheerful consistent cultured confident
13. idealistic independent inoffensive inspiring
14. demonstrative decisive dry humour deep
15. mediator musical mover mixes easily
16. thoughtful tenacious talker tolerant
17. listener loyal leader lively
18. contented chief chart-maker cute
19. perfectionist permissive productive popular
20. bouncy bold behaved balanced

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|-----|------------------|----------------------|-------------------|--------------------|
| 21. | __ brassy | __ bossy | __ bashful | __ blank |
| 22. | __ undisciplined | __ unsympathetic | __ unenthusiastic | __ unforgiving |
| 23. | __ reluctant | __ resentful | __ resistant | __ repetitious |
| 24. | __ fussy | __ fearful | __ forgetful | __ too frank |
| 25. | __ impatient | __ insecure | __ indecisive | __ interruptive |
| 26. | __ unpopular | __ uninvolved | __ unpredictable | __ unaffectionate |
| 27. | __ headstrong | __ haphazard | __ hard to please | __ hesitant |
| 28. | __ plain | __ pessimistic | __ proud | __ permissive |
| 29. | __ angers easily | __ aimless | __ argumentative | __ alienated |
| 30. | __ naive | __ negative attitude | __ nervy | __ nonchalant |
| 31. | __ worrier | __ withdrawn | __ workaholic | __ wants credit |
| 32. | __ too sensitive | __ tactless | __ timid | __ talkative |
| 33. | __ doubtful | __ disorganised | __ domineering | __ depressed |
| 34. | __ inconsistent | __ introvert | __ intolerant | __ indifferent |
| 35. | __ messy | __ moody | __ mumbles | __ manipulative |
| 36. | __ slow | __ stubborn | __ show-off | __ sceptical |
| 37. | __ loner | __ lord over others | __ lazy | __ loud |
| 38. | __ sluggish | __ suspicious | __ short-tempered | __ scatter-brained |
| 39. | __ revengeful | __ restless | __ reluctant | __ rash |
| 40. | __ compromising | __ critical | __ crafty | __ changeable |