

TEMPERAMENTAL TRAITS ASSESSMENT

For each temperament trait, rate yourself on the scale.

1. Activity Level (how active the child/person is generally).

LOW HIGH

2. Distractibility (degree of concentration and paying attention when child/person is not particularly interested).

LOW HIGH

3. Intensity (how loud the child/person is).

LOW HIGH

4. Regularity (the predictability of biological functions like appetite and sleep).

REGULAR IRREGULAR

5. Sensory Threshold (how sensitive the child/person is to physical stimuli: touch, taste, smell, sound, light).

HIGH LOW

6. Approach/Withdrawal (characteristic responses of a child to a new situation or to strangers).

APPROACH

WITHDRAWAL

7. Adaptability (how easily the child/person adapts to transitions and changes like switching to a new activity).

GOOD

POOR

8. Persistence (stubbornness, inability to give up).

LOW

HIGH

9. Mood (tendency to react to the world primarily in a positive or negative way).

POSITIVE

NEGATIVE