

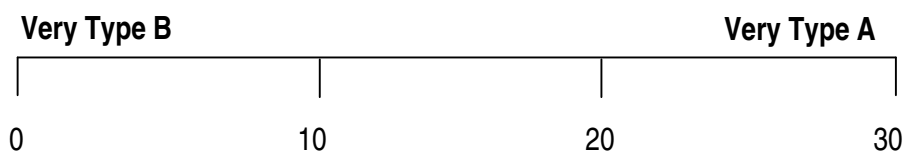
# Type A & Type B Behaviour

For each statement, circle the response that most applies to you.

I am never late for appointments	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I am not a competitive person	0 strongly agree   1 agree   2 disagree   3 strongly disagree
I listen to what people say without interrupting	0 strongly agree   1 agree   2 disagree   3 strongly disagree
I always feel rushed, especially under pressure	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I can wait patiently for things	0 strongly agree   1 agree   2 disagree   3 strongly disagree
When I do a good job, I want others to recognise it	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I walk and eat very fast	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I rarely talk about my feelings	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I am an ambitious person	3 strongly agree   2 agree   1 disagree   0 strongly disagree
I am an easy-going person	0 strongly agree   1 agree   2 disagree   3 strongly disagree

Now add up the scores for each response you selected, to give you an overall Type A score.

My score is \_\_\_\_\_



Mark your score on the scale to see where your personality type falls.