

ASSESS YOUR TYPE A BEHAVIOR

Answer the following questions and total up your score to see if you are a Type A personality.

Scoring

Always 5 ■ Usually 4 ■ Sometimes 3 ■ Rarely 2 ■ Never 1

1	Are you punctual for appointments?	<input type="checkbox"/>	7	Do you push yourself and others hard?	<input type="checkbox"/>
2	Are you very competitive?	<input type="checkbox"/>	8	Do you hide your personal feelings?	<input type="checkbox"/>
3	How often do you feel rushed?	<input type="checkbox"/>	9	Do you try to do many things at once?	<input type="checkbox"/>
4	Do you get aggressive if frustrated?	<input type="checkbox"/>	10	Are you eager to get things done?	<input type="checkbox"/>
5	Do you get impatient if kept waiting?	<input type="checkbox"/>	11	Do you talk, walk and eat quickly?	<input type="checkbox"/>
6	Do you interrupt when others speak?	<input type="checkbox"/>	12	Do you focus too much on work?	<input type="checkbox"/>
					TOTAL SCORE <input type="checkbox"/>

INTERPRETATION

Over 40 High-Scoring Type A

Your “driven” lifestyle is likely to put you under increasing pressure and cause signs of stress.

30-40 Moderate Type A

You appear to work hard for success, but be careful not to push yourself too much.

Below 30 Toward Type B

You appear to take life easy and are unlikely to suffer from type-A induced stress.

Please consult *Free Yourself from Harmful Stress* by Trevor Powell in the event that you score high on any assessment, in order to begin the necessary healing steps outlined in the publication.