

Are You a Type A?

Researchers who studied personality type and the likelihood of suffering a heart attack categorized behaviors into high risk and low risk groups: Type A & Type B. The Type A personality is linked to potential heart attacks because of stressful behaviors. Type B personality traits appear to be less stressful.



Instructions: Consider the characteristics of your everyday behavior. Take the following quiz and see how many of the following items apply to you. (Answer YES or NO.)

Do You...

1. Finish others' sentences before they do? YES NO
2. Move, walk, or eat rapidly? YES NO
3. Prefer summaries instead of reading a book? YES NO
4. Become restless and angry in slow lines of traffic? YES NO
5. Generally feel impatient? YES NO
6. Tend to feel mistrustful of other people's motives? YES NO
7. Try to do two or more things at one time? YES NO
8. Feel guilty if you relax or take a vacation? YES NO
9. Evaluate your work quality with your salary, number of employees, or grades as a measure? YES NO

Type A & B Behavior Patterns

10. Schedule more and more activities into less and less time? ___ YES ___ NO
11. Think about other things while talking to someone? ___ YES ___ NO
12. Show nervous gestures, like grinding your teeth, clenching fists, or drumming fingers? ___ YES ___ NO
13. Assume more than your share of responsibility? ___ YES ___ NO
14. Accentuate words in conversation when there is no reason? ___ YES ___ NO
15. Do a slow burn when service is not up to par? ___ YES ___ NO

Total # yes responses: _____

Scoring: If you answered “Yes” to ten or more, then claim your “A” for “Type A” behavior. However, this is one of the few times when an “A” is the lowest grade.