

Self-Inventory of Type A Behaviors

Individuals with a Type A personality share many general characteristics such as: impatience, perfectionism, need to achieve, hostility, a quick temper, and the inability to relax. Listed below are more specific indicators of Type A behavior. Check off those that apply.

_____ Facial signs like a visibly tight jaw or mouth muscles that twitch

_____ Jarring laugh that is hostile, angry, or mocking

_____ Clenched fists in normal conversation

_____ Unpleasant speech that is grating or irritating

_____ Frequent use of obscenities

_____ Teeth grinding

_____ Eyes kept wide open with tic-like gestures

_____ Obsessive competitiveness in almost all activities, even minor contests

_____ A need to dominate in social and business situations

_____ Irritable and impatient with others, especially when they disagree with you

_____ Fixed opinions or stubborn attitudes

_____ Seemingly unable to enjoy the success of others

_____ Easily become irritable at the minor mistakes of others

_____ Concentration on what is wrong or could go wrong

_____ Unable to laugh at self or others; frowning instead

_____ Extremely and overtly proud of self ideals, frequently repeating them to others

_____ Thinking that others cannot be trusted or have selfish motives

- _____ Feeling hateful of others
- _____ Frequently placing blame elsewhere, especially with large groups, like the government, the younger generation, the economy
- _____ Tense body posture
- _____ Rapid eye blinking
- _____ Rapid speech
- _____ Hurrying along and/or interrupting the speech of others
- _____ Sucking in one's breath while continuing to speak
- _____ Rapid movements like finger tapping, jiggling of foot, walking, or eating quickly
- _____ Lip-clicking while speaking. (The sound made when the lips are compressed, the tip of the tongue is brought to the back of the front teeth, and then the mouth is opened quickly.)
- _____ Sighing or muffled grunt upon breathing out; usually preceded by a slight lifting of the shoulders
- _____ Head nodding while speaking
- _____ Excessive perspiration on forehead and upper lip
- _____ Impatience
- _____ Others notice speed of activities and recommend slowing down
- _____ Difficulty in sitting and doing nothing
- _____ Uncomfortable sitting around table after a meal is finished
- _____ Attempts to think of or do more than one thing at a time

Source: "Treating Type A Behavior – And Your Heart," Friedman and Ulmer, Knopf Publishing Company, 1984