

Are You A Type B?

Type B behaviors are the healthier counterpart to Type A behaviors. They are slower and more relaxed. Consider the following characteristics of the Type B personality. Place a plus mark (+) by each one that describes you. Place a double plus mark (++) by those you would like to increase.



- _____ Easy-going manner
- _____ Patient
- _____ Rarely look at watch
- _____ Good listener
- _____ Appreciate leisure and beauty
- _____ Not preoccupied with achievement
- _____ Not driven by the clock
- _____ Not competitive
- _____ Tendency to take a long range view of things
- _____ Casual style
- _____ Delegates tasks with comfort
- _____ Enjoys accomplishments of self and others
- _____ Allows time for thinking things out
- _____ Does things one at a time
- _____ Slow, deliberate talker
- _____ Does not allow self to feel rushed
- _____ Enjoys the present
- _____ Likes to relax
- _____ Expresses affection openly
- _____ Has good self-esteem

Begin including behaviors that you marked with a double plus in your daily behavior.