

What Am I Like?

Instructions: Beginning with the highest *DISC* type in your style, check all of the following statements in all four *DISC* types that are true of you:

A High **D** says:

- | | |
|--|---|
| <input type="checkbox"/> I like a challenge. | <input type="checkbox"/> I don't like fun activities without a goal. |
| <input type="checkbox"/> I like confronting issues. | <input type="checkbox"/> I don't like conversations that are purely social and without purpose. |
| <input type="checkbox"/> I like making quick decisions. | <input type="checkbox"/> I don't like routine tasks. |
| <input type="checkbox"/> I like inventing new ways to do things. | <input type="checkbox"/> I don't like being restricted to one workplace. |
| <input type="checkbox"/> I like a variety of activities. | <input type="checkbox"/> I don't like responsibility for minor details. |
| <input type="checkbox"/> I like a competitive, fast pace. | <input type="checkbox"/> I don't like projects that require long-term critical analysis. |

A High **S** says:

- | | |
|---|---|
| <input type="checkbox"/> I like social activities and having fun. | <input type="checkbox"/> I don't like making unpopular decisions. |
| <input type="checkbox"/> I like to express my feelings. | <input type="checkbox"/> I don't like situations where people might reject me. |
| <input type="checkbox"/> I like talking to strangers. | <input type="checkbox"/> I don't like waiting on someone. |
| <input type="checkbox"/> I like unstructured activities. | <input type="checkbox"/> I don't like repetitive tasks. |
| <input type="checkbox"/> I like surprises. | <input type="checkbox"/> I don't like detailed work. |
| <input type="checkbox"/> I like to make things fun. | <input type="checkbox"/> I don't like responsibilities that require following an inflexible schedule. |

A High **C** says:

- | | |
|---|---|
| <input type="checkbox"/> I like jobs that include critical analysis. | <input type="checkbox"/> I don't like confronting others. |
| <input type="checkbox"/> I like working alone doing research. | <input type="checkbox"/> I don't like to make quick decisions. |
| <input type="checkbox"/> I like an established structure and order. | <input type="checkbox"/> I don't like surprises. |
| <input type="checkbox"/> I like my roles to be clearly defined. | <input type="checkbox"/> I don't like spontaneous activities. |
| <input type="checkbox"/> I like a pre-designed plan, and I like to follow it. | <input type="checkbox"/> I don't like accommodating imperfections. |
| <input type="checkbox"/> I like time to validate my work. | <input type="checkbox"/> I don't like compromise for the sake of harmony. |

A High **I** says:

- | | |
|--|---|
| <input type="checkbox"/> I like teamwork and cooperation. | <input type="checkbox"/> I don't like taking risks. |
| <input type="checkbox"/> I like doing one thing at a time. | <input type="checkbox"/> I don't like conflict. |
| <input type="checkbox"/> I like jobs with repetitive tasks. | <input type="checkbox"/> I don't like constantly changing activities. |
| <input type="checkbox"/> I like sticking with what I know. | <input type="checkbox"/> I don't like speaking in large groups. |
| <input type="checkbox"/> I like working in a routine. | <input type="checkbox"/> I don't like complex problems. |
| <input type="checkbox"/> I like harmony, and I will adjust to the needs of others. | <input type="checkbox"/> I don't like critical analysis. |



My Summary: What am I like? I can recognize and begin to understand my attitudes about how I approach something or someone. I can recognize and begin to understand my preferences for the environment that is most comfortable for me and how I would like best to respond to someone or something. Using at least two statements from any of the "I like" statements above and two statements from any of the "I don't like" statements, complete the sentences on the next page to express your attitudes and preferences:

I like... _____

I don't like... _____