

Self-Assessment

Are you a Type A Personality?

Chapter Resource

Please refer to section [8.3 Theories of Personality](#) of *Psychology, Communication, and the Canadian Workplace*

Instructions

Choose from the following responses to answer the questions below:

1. Almost always true
2. Usually true.
3. Seldom true
4. Never true

Answer each question according to what is generally true for you:

1. I do not like to wait for other people to complete their work before I can proceed with my own.
2. I hate to wait in most lines.
3. People tell me that I tend to get irritated too easily.
4. Whenever possible I try to make activities competitive.
5. I have a tendency to rush into work that needs to be done before knowing the procedure I will use to complete the job.
6. Even when I go on vacation, I usually take some work along.
7. When I make a mistake, it is usually due to the fact that I have rushed into the job before completely planning it through.
8. I feel guilty for taking time off from work.
9. People tell me I have a bad temper when it comes to competitive situations.
10. I tend to lose my temper when I am under a lot of pressure at work.
11. Whenever possible, I will attempt to complete two or more tasks at once.
12. I tend to race against the clock.
13. I have no patience for lateness.
14. I catch myself rushing when there is no need.



Scoring

This instrument is somewhat complicated to score. Follow these instructions carefully:

- Time urgency: Time urgency reflects one's race against the clock, even on items when there is little reason to hurry. It is measured by the following items 1, 2, 8, 12, 14. For each *A* or *B* answer you gave on these questions, give yourself 1 point. Put the total number on the line on the left.
- Inappropriate aggression and hostility: This dimension reflects excessively competitive behavior and frequent displays of hostility. It is measured by items 3, 4, 9, and 10. For each *A* or *B* answer you gave on these questions, give yourself 1 point. Put the total number on the line on the left.
- Polyphasic behavior: This is the tendency to undertake several activities simultaneously at inappropriate times. As a result, individuals often end up wasting time instead of saving it, which leads to wasted energy. It is measured by items 6 and 11. For each *A* or *B* answer you gave on these questions, give yourself 1 point. Put the total number on the line on the left.
- Goal directedness without proper planning: This is the tendency to rush into work without knowing how to accomplish the desired result. Consequently, incomplete work or errors are likely to occur. It is measured by items 5 and 7. For each *A* or *B* answer you gave on these questions, give yourself 1 point. Put the total number on the line on the left.

Now add up your total score.

If you received a total of 5 or greater, you may possess some of the attributes of a Type A personality. How did you do? If you received a high score, what are some things that you can do to reduce your stress level?

Source: Adapted from "Are You a Type A?" The Stress Mess Solution: The Causes and Cures of Stress on the Job, by G. S. Everly and D. A. Girdano. Reprinted by permission of the authors.

References

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