

# CURE Counseling & Assessment Training Centre

2594 Highway 34 East #B Newnan, GA 30265  
www.curecounseling.com office@curecounseling.com  
(770) 252.3760 Office (678) 298.7637 Office Fax

## Instructions for Completing the Taylor-Johnson Temperament Analysis

*(Non-Crisscross/Answering the questions about yourself)*

1. On the score sheet, **please enter your name** where it says “Answers Apply To”, the **date** the profile is completed, **your age** and then **circle the word “Self”**. We do not require you to fill in the blanks for the other information asked in this area.
2. Please read Question #1 and mark down on the score sheet the **first impression that comes to your mind**. Please do not spend time thinking about the each question. You may feel the need to consider work and home and decide, more often than not, how you have or would respond in most given situations.
3. You have **three choices for your answers**: the “**+** Column”, the “**—** Column” and the “**Mid Column**”. The “**+** Column” is for your “**Yes**” answers or “**More often than not, Yes**”. The “**—** Column” is for your “**No**” answers or for those questions that the most appropriate answer for is “**More often than not, No**”. The “**Mid Column**” is for those questions that you are either **undecided** on or the **most accurate answer is 50/50 or half yes/half no**.
4. Please use a pencil and **darken the small line in the appropriate column** after each question number to indicate your response. Please **do not place an “X” or a check mark over/on the line**. Just make the line bold in order for us to see it clearly. The “**Sample**” score sheet shows how to mark the answers correctly.
5. There is a notice attached to your score sheet to remind you that you should **keep the amount of answers you record in the “Mid Column” to 30 or fewer**.
6. Once you have recorded all your answers, please make sure you have not skipped any questions. Each question number should have a bold dash beside it.
7. Please **do not consult with anyone** while you are answering your profile questions. The responses are to be yours alone.
8. Please **return the entire folder** containing the profile questions, score sheet and sample to the office **a day or two prior to your next appointment**. And please do not make any other marks on these materials so they can be used again. You may leave them under our office door mat if the door is locked and leave a phone message to inform us that they are there.

# Taylor-Johnson Temperament Analysis®

## INSTRUCTIONS

Do not open this booklet until you have read all of these instructions.










1. Fill in carefully the personal information asked for in the upper right-hand corner of the answer sheet.

2. Please do not write or mark on this booklet.

Indicate your answers on the answer sheet as explained below.

3. Please answer every question, even if you feel uncertain about the answer. Do not think too long about any one question.

4. On the answer sheet you are given three columns in which to mark your answer.

- |    | +   | mid   | -   |  |
|----|---|---|---|--|
| 1. |  |  |  | Plus (+) means "decidedly yes" or "mostly so."     |
| 2. |  |  |  | Mid means "undecided."                             |
| 3. |  |  |  | Minus (-) means "decidedly no" or "mostly not so." |

6. Decide how each questions applies to you. Record your decision by making a heavy pencil mark in the column which best indicates your answer. If you change an answer, please erase your first mark completely.

7. Try to give a definite plus (+) or minus (-) response.

Avoid MID responses when possible.

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## Taylor-Johnson Temperament Analysis

### QUESTIONS

Mark your answers on the answer sheet. Do not mark in this booklet

Please answer every question.

1. Are you by nature a forgiving person?
2. Do you take an active part in community affairs or group activities?
3. Are you relatively calm when others are upset or emotionally disturbed?
4. Can you put yourself sympathetically in another person's place?
5. Do you have a marked influence on the thinking of family or associates?
6. Do you prefer a restful, inactive vacation to an energetic one?
7. Do you have difficulty concentrating while reading or studying?
8. Do you prefer to be a follower rather than a leader in group activities?
9. Do you lead a quiet life, without becoming involved in many relationships outside of home and work?
10. Do you take the initiative in making arrangements for family outings and vacations?
11. Do you make many unrealistic plans for the future, which later have to be abandoned?
12. Do you feel compassion for people who are weak and insecure?
13. Do you enjoy belonging to clubs or social groups?
14. Do you seek to keep peace at any price?
15. Are you easily bothered by noise and confusion?
16. Do you avoid physical exertion and strenuous activity?
17. Do you usually appear composed and serene?
18. Are you seriously concerned about social problems, such as poverty and unemployment, even when not directly affected by them?
19. Do you like to keep on the move in order not to waste time?
20. Are you a well-organized person who likes to do everything according to schedule?
21. Are you sensitive to the feelings and needs of any member of the family who is ill?
22. Do you act deliberately rather than impulsively?
23. Are you highly competitive in games, business, or personal relations?
24. Do you prefer to be alone rather than with people?
25. Do you feel uneasy when riding or driving in traffic?
26. Do you exercise regularly in order to keep in condition?
27. Are you more excitable than most people?
28. Do you like to entertain guests at home?
29. Do you like to be in charge of and supervise others?
30. Are you extremely neat and orderly?
31. Are you so self-assured that at times it is annoying even to friends?

32. Do you quickly recover composure after an accident or other disturbing incident?
33. Do you move briskly and with energy?
34. Would you prefer to accept an unfair situation rather than complain?
35. Do noisy, active children get on your nerves?
36. Are you quick to know when someone needs encouragement or a kind word?
37. Are you the kind of person one might call a 'self-starter' or a 'go-getter'?
38. Do you often allow tension to build up to the point of feeling 'ready to explode'?
39. Do you need encouragement and approval in order to work effectively?
40. Do you frequently use medication to aid in relaxation?
41. Do you stand up for your rights?
42. Do you have a wide range of interests?
43. Do you like to let people know where you stand on issues?
44. Are you relatively free from worry and anxiety?
45. Do you like to have plenty to do?
46. Are you deeply concerned about the welfare of others?
47. Do you worry a great deal about health?
48. Are you self-confident in most undertakings?
49. Are you too soft-hearted to be a strict disciplinarian?
50. Do you tend to rely on others when there are decisions to be made?
51. Do many people consider you to be incapable of deep feeling?
52. Do you find it easy to give way to wishes of others?
53. Are you a sympathetic listener when someone needs to talk about himself or herself?
54. Are you always trying to convert someone to a particular point of view?
55. Are you considered an industrious and tireless worker?
56. Do you have any nervous mannerisms such as nail-biting, foot-tapping, etc.?
57. Are you the kind of person to whom others turn in time of distress or trouble?
58. Do you find it difficult to follow a definite plan?
59. Do you insist on prompt obedience?
60. Do you believe that everyone is entitled to a second chance?
61. Do you get into difficulty occasionally because of some impulsive act?
62. Do you suffer from indigestion or loss of appetite when worried or under tension?
63. Are you easily taken advantage of by others?
64. Do you limit yourself to one or two friends?
65. Do you find it difficult to relax because of a restless need to be constantly busy?
66. Are you easily tempted by a bargain?
67. Do you like to speak in public and enjoy the challenge of a debate?
68. Do you seek release from tension by excessive smoking, eating, or drinking?
69. Are you easily moved to pity?

70. Do you sleep well, and find it easy to relax when sitting or lying down?
71. Would you take a special interest in helping young people who are frequently in trouble?
72. Are you regarded as a 'high-strung' person?
73. Are you quick to sense another person's feelings and moods?
74. Are you very emphatic and forceful in voice and manner?
75. Do you often have 'the jitters' for no particular reason?
76. Do you prefer to read or watch television after a day's work, rather than go out or engage in social activities?
77. Do you make plans well in advance of the event and carry them out?
78. Do you prefer to listen and observe rather than take part in discussions?
79. Do you enjoy taking chances?
80. Do you get tense and anxious when there is much work to be done in a short time?
81. Do you think our nation concerns itself too much with the needs and suffering of people in other countries?
82. Do you enjoy activity and excitement?
83. Do you prepare a budget and make every effort to stay within it?
84. Would you do everything possible to protect an animal from neglect or cruelty?
85. Do you find it difficult to say 'no' to a persuasive salesperson?
86. Do you have little interest in other people's emotional problems?
87. Are you interested in people and in making new friends?
88. Are you considerate and understanding when dealing with an elderly person?
89. Would people refer to you as a person who is 'always on the go'?
90. Do you think it unnecessary to apologize after hurting someone's feelings?
91. Are you able to express affection without embarrassment?
92. Are you apt to make thoughtless, unfeeling remarks?
93. Are you thought of as a warm-hearted, out-going person?
94. Do you often feel left out or unwanted?
95. Do you have a place for everything and everything in its place?
96. Are you free from racial and religious prejudice?
97. Do you feel disillusioned about life?
98. Are you openly affectionate with members of the immediate family?
99. Do you sometimes become so emotional as to be unable to think or act logically?
100. Do you find it difficult to express tender feelings in words?
101. Are you hopeful and optimistic about the future?
102. Do you tend to analyze and dwell on inner thoughts and feelings?
103. Are you understanding when someone is late for an appointment?
104. Do you have phobias or a deeply disturbing fear of any object, place, or situation?
105. Do you tend to be reserved in manner?
106. Does anyone ever complain that you are 'bossy' or unreasonable?



107. Do people sometimes accuse you of being illogical?
108. When you offer a suggestion, is it apt to be more helpful than critical?
109. Do you reach conclusions only after looking at all sides of a question?
110. Do you find any discussion of sexual matters difficult or embarrassing?
111. Do you have a quick temper?
112. Do you express appreciation and pleasure when looking at beautiful things?
113. Are you inclined to be argumentative?
114. Do you sometimes get the uncomfortable feeling of being stared at or talked about?
115. Do you like to stick to one job until it is finished?
116. Are there times when you feel discouraged or despondent over lack of progress or accomplishment?
117. Are you inclined to 'tell people off'?
118. Do you feel that life is very much worth living?
119. Do you tend to be suspicious of people's motives and actions?
120. Are you apt to be too hasty in making decisions?
121. Do you find it difficult to be friendly and responsive in contacts with people?
122. Do you have a deep respect for all human beings?
123. Are you easily embarrassed?
124. Are you inclined to stop and think before acting?
125. Do you tend to be impatient with someone who is frequently ill?
126. Are you always working toward some future goal?
127. Are you bothered at times by feeling unappreciated or by the idea that 'nobody cares'?
128. Do you readily show tenderness to children?
129. Are you apt to be sarcastic when annoyed with someone?
130. Do you often dwell on past misfortunes?
131. Are you apt to keep feelings 'bottled up inside'?
132. Do you feel contempt for men who seem unable to make a living?
133. Are you very methodical about keeping records of personal and business affairs?
134. Are you likely to be jealous?
135. Are you often so low in spirit as to be close to tears?
136. Do you find it hard to accept criticism or blame?
137. Are you frequently depressed because of personal problems?
138. Do you speak with animation, enthusiasm, or frequent gestures?
139. When deeply disturbed about something have you ever contemplated suicide?
140. Are you inclined to carry a grudge?
141. Do you have many friends and acquaintances?
142. Are you often troubled by a lack of self-confidence?
143. Do you find it difficult to express sympathy to someone in sorrow?
144. Are you logical in thinking and speaking?

145. Are you considered lenient and easy-going?
146. Are you easily disheartened by criticism?
147. Do you frequently tend to dominate people around you?
148. Do you feel a bit uncomfortable when expected to express enthusiasm over a gift?
149. Are you quick to forgive a mistake and overlook a discourtesy?
150. Are you a fair-minded, reasonable person?
151. Are you a talkative person?
152. Do you often have 'the blues' or feel downhearted for no apparent reason?
153. Do you work methodically and deliberately?
154. Do you frequently misinterpret what others do and say?
155. Do you at times suffer extreme physical exhaustion resulting from emotional conflicts?
156. Are you overly critical of some member of the family?
157. Do you feel self-conscious with most people?
158. Do you often make such blunt, cutting comments that someone's feelings are hurt?
159. Do you smile or laugh a good deal?
160. In voting, do you study personalities and issues, sometimes supporting a candidate of another party?
161. Are you superior or overbearing in attitude toward others?
162. Are you thought of as being overly sensitive?
163. Do you feel free to discuss personal problems as well as joys with close friends?
164. Are you slow to complain when inconvenienced or imposed upon?
165. Are you inclined to daydream about things that can't come true?
166. Do you often do things on the spur of the moment?
167. Do you find it difficult to get over an embarrassing situation?
168. Do you find it hard to break a habit such as smoking or overeating?
169. Do you often feel discouraged because of a sense of inferiority?
170. Are you inclined to be shy and withdrawn?
171. Do you have periods of idleness when it is difficult to find any reason for either physical or mental effort?
172. Do you maintain that most people are 'out for all they can get'?
173. Do you avoid letting emotion influence sound judgement?
174. Do you find it difficult to be complimentary to members of your family?
175. Are you especially self-conscious and concerned about what others might think?
176. Do you often feel depressed by memories of childhood or other past experiences?
177. Does your interest often shift from one thing to another?
178. Do you feel restrained and inhibited in a love relationship?
179. If called upon, would you be fair and impartial in helping others to settle their differences?
180. Do you have periods of depression without apparent reason which last for several days or more?

# TJTA Sample Answer Sheet

Sample  
xxx ■ ....

Sample  
xxx ■ ....

	+	Mid	-	+	Mid	-	+	Mid	-	+	Mid	-	+	Mid	-	+	Mid	-	+	Mid	-			
1	██	...	...	26	...	...	51	...	...	76	...	...	91	...	...	116	...	...	141	...	...	166	...	...
2	██	...	...	27	...	...	52	...	...	77	...	...	92	...	...	117	...	...	142	...	...	167	...	...
3	██	...	...	28	...	...	53	...	...	78	...	...	93	...	...	118	...	...	143	...	...	168	...	...
4	...	...	██	29	...	...	54	...	...	79	...	...	94	...	...	119	...	...	144	...	...	169	...	...
5	...	...	██	30	...	...	55	...	...	80	...	...	95	...	...	120	...	...	145	...	...	170	...	...
6	...	...	...	31	...	...	56	...	...	81	...	...	96	...	...	121	...	...	146	...	...	171	...	...
7	...	...	...	32	...	...	57	...	...	82	...	...	97	...	...	122	...	...	147	...	...	172	...	...
8	...	...	...	33	...	...	58	...	...	83	...	...	98	...	...	123	...	...	148	...	...	173	...	...
9	...	...	...	34	...	...	59	...	...	84	...	...	99	...	...	124	...	...	149	...	...	174	...	...
10	...	...	...	35	...	...	60	...	...	85	...	...	100	...	...	125	...	...	150	...	...	175	...	...
11	...	...	...	36	...	...	61	...	...	86	...	...	101	...	...	126	...	...	151	...	...	176	...	...
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13	...	...	...	38	...	...	63	...	...	88	...	...	103	...	...	128	...	...	153	...	...	178	...	...
14	...	...	...	39	...	...	64	...	...	89	...	...	104	...	...	129	...	...	154	...	...	179	...	...
15	...	...	...	40	...	...	65	...	...	90	...	...	105	...	...	130	...	...	155	...	...	180	...	...
16	...	...	...	41	...	...	66	...	...	Sample xxx █ ... ..				106	...	...	131	...	...		...	...	...	
17	...	...	...	42	...	...	67	...	...		...	...	107	...	...	132	...	...	157	...	...		...	...
18	...	...	...	43	...	...	68	...	...		...	...	108	...	...	133	...	...	158	...	...		...	...
19	...	...	...	44	...	...	69	...	...		...	...	109	...	...	134	...	...	159	...	...		...	...
20	...	...	...	45	...	...	70	...	...		...	...	110	...	...	135	...	...	160	...	...		...	...
21	...	...	...	46	...	...	71	...	...	Please make your best effort to keep your Mid's to 30 or less.				111	...	...	136	...	...	161	...	...		...
22	...	...	...	47	...	...	72	...	...		...	...	112	...	...	137	...	...	162	...	...		...	...
23	...	...	...	48	...	...	73	...	...		...	...	113	...	...	138	...	...	163	...	...		...	...
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25	...	...	...	50	...	...	75	...	...		...	...	115	...	...	140	...	...	165	...	...		...	...

Sample  
xxx ■ ....

Please make your  
best effort to  
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to 30 or less.