

# In-Depth Personality Test

Please answer each question thoughtfully, choosing the response that best reflects your feelings, thoughts, and tendencies.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Occupation: \_\_\_\_\_

## PART I

Instructions: For each statement, indicate the extent to which it describes you. Use the scale below:

I am comfortable taking risks

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I enjoy socializing and meeting new people.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am organized and like to plan ahead.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I often reflect on my emotions and those of others.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I prefer routine and dislike unexpected changes.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am generally optimistic about the future.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

## PART 2

Instructions: Rank the following activities in order of preference (1 being the most preferred and 5 being the least preferred).

Traveling

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Reading

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Team Sports

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Creative Arts

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Outdoor Activities

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

### PART 3

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Instructions: How do you usually make decisions? Choose the statement that best describes your approach.

**I trust my instincts and make decisions quickly.**

☐ ☐ ☐

1 2 3

**I carefully weigh pros and cons before deciding.**

☐ ☐ ☐

1 2 3

**I seek input from others before making decisions.**

☐ ☐ ☐

1 2 3

### PART 4

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Instructions: Answer the following open-ended questions.

**What are your main strengths?**

**What are your areas for improvement?**

**How do you handle stress or challenging situations?**