

Personal Psychology Test

SECTION 1: PERSONALITY TRAITS

Rate each statement on a scale from 1 to 5, where 1 is strongly disagree, and 5 is strongly agree.

I am generally outgoing and enjoy socializing.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

My preference is for routine and predictability in my daily life.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Handling stress comes naturally to me.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I enjoy trying new and adventurous activities.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I often find myself reflecting on deep philosophical questions.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am open to new experiences and challenges.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I consider myself more introverted than extroverted.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am often described as a detail-oriented person.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Creativity is an essential aspect of my personality.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I tend to be more logical than emotional in decision-making.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

SECTION 2: EMOTIONAL INTELLIGENCE

Choose the response that best describes your emotional response in various situations.

How do you typically react to stressful situations?

☐ Stay calm and focused ☐ Feel anxious or overwhelmed ☐ Seek support from others

How do you handle criticism?

☐ Analyze and use it constructively ☐ Feel hurt or defensive ☐ Seek support from others

In challenging situations, how well do you understand and manage your emotions?

☐ Very well ☐ Moderately well ☐ Not well at all

SECTION 3: BEHAVIOR PATTERNS

Indicate how often each statement applies to you.

I tend to procrastinate on important tasks.

☐ Rarely ☐ Occasionally ☐ Frequently

How organized are you in your daily life?

☐ Extremely organized ☐ Moderately organized ☐ Frequently

I am comfortable taking risks in various aspects of life.

☐ Strongly agree ☐ Neutral ☐ Strongly disagree

My decision-making process is primarily influenced by emotions.

☐ Rarely ☐ Sometimes ☐ Frequently