

Personality Questionnaire

Rules for usage

This questionnaire can be used to clarify and identify different aspects of your relationship. Start by making four (4) copies; two for you, and two for your partner. Privately, you each fill out one copy about yourself and one copy as you believe your partner would answer those same questions. If you're in a secure relationship, why not exchange copies.

As you look over the answers, discuss them. This is not meant to create a discordant atmosphere but, rather, an appreciation for the beliefs and feelings of your partner. Think of this as a refining process. You can keep on doing what you think is working or begin to modify and enhance your love life.

There is no right or wrong to any answer. It is designed strictly to help couples get to know each other much more than they do. Many times, you'll find yourself saying, "Gee, honey, I didn't know you liked that!"

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Personality Questionnaire

1. Do you prefer rainy days or sunny days?
2. Do you enjoy watching television a lot?
3. How do you feel when a child is crying and its being ignored?
4. Do you like to plan your daily activities?
5. Do you genuinely like people?
6. Do you gossip?
7. Define self-respect.
8. How do you feel about door-to-door salespeople?
9. Are you mostly a quiet person or do you love to talk?
10. Do you believe it necessary to spank a child?
11. Are you afraid of thunder and lightning?
12. Could you give money to someone who desperately needs it?
13. Do you snore when asleep?
14. Can you easily accept someone else's point of view?
15. Do children like you?
16. Do you know how to really relax, all over your body?
17. Do you believe an evil spirit can be exorcised from a person?
18. Do you worry a lot?
19. Do you sandbag feelings or express them when appropriate?
20. Do you like to gamble?
21. Can you forgive others of the wrongs they've done to you?
22. How much beer, wine, or alcohol do you drink in a week?
23. Who is your hero?
24. Do you resent it when others tell you what to do?

25. Are you predictable?
26. Do you think you could give your life trying to save someone else's?
27. Are you health-conscious?
28. At a party, do you join in or stick with a few close friends?
29. Are you intimidated by intelligent people or those in power?
30. Do you like to read fiction or non-fiction material?
31. Do you give away your time helping other people?
32. Do you like to dance?
33. Would you rather discuss your day or listen to others talk about theirs?
34. What is beautiful to you?
35. Do you daydream often?
36. If you were alone and saw someone being beaten, would you help?
37. Do you often swear or tell dirty jokes?
38. Do you cry when you're watching a touching movie?
39. Do you often feel that other people are not too smart?
40. Define freedom?
41. Are you enthusiastic about your life?
42. Define God?
43. Do you feel your upbringing or values are better than other's?
44. Are you a jealous person?
45. When asked a question, do you get right to the point?
46. Your child throws a temper tantrum in public. What would you do?
47. Do you presently use drugs, illegally? Have you ever used them?
48. Would you help a person whose car is disabled on a deserted road?
49. Do you try to keep your promises?
50. Define integrity?
51. When you realize you are wrong, do you stick to your opinion?
52. Do you prefer being around adults or children?
53. Do you often feel you should correct others when they are wrong?
54. Do you enjoy getting others involved in a cause?
55. Do you love to be touched? How often?
56. If you know you are right, do you strongly defend your position?
57. Have you ever been in jail or served a term in prison?
58. If you had an extra \$50, what would you do with it?
59. Do you usually try to hide your feelings?
60. On a busy road, would you speed?
61. Of all the people in the world, whom do you admire most?
62. How many close friends do you have? Would you like more?
63. Would you rather have a million dollars or a great lover?
64. Are you judgmental?
65. Are you jealous if your partner circulated at a party?
66. What do you hate the most?
67. Are you considerate of other people?
68. Are you impulsive?
69. Would you rather give orders than take them?
70. Do you find it easy to express your emotions?

71. Do you sing or whistle to yourself?
72. How many children would you like to have, or wish you had?
73. If you saw someone drop money, would you keep it?
74. Do you let others run your life?
75. Do you stop at least once a week to put your life in perspective?
76. How many hours of sleep do you need?
77. Do you think men should change a baby's diaper?
78. Are you patient with others who are slower than you?
79. Do you feel comfortable in an airplane?
80. Do you get depressed easily?
81. Do you look other people in the eye while speaking with them?
82. How long after a disagreement does it take you to get over it?
83. Are you easily influenced by others?
84. How would you feel if your best friend committed suicide?
85. Are you usually alert to what's happening around you?
86. Has anyone ever made you so mad that you physically hurt them?
87. Do you worry about your past?
88. Would you buy something on credit, knowing you can't afford it?
89. Do you have an inordinate fear of dying?
90. Do you enjoy motivating others?
91. Are you more concerned about today or the future?
92. When disciplining children, are you strict or easy-going?
93. Are you self-confident?
94. Do you get upset when a friend or lover is late?
95. What is your greatest fear?
96. What is your favorite song?
97. Would you like to be free of all responsibilities?
98. What is the best book you've ever read?
99. Have you ever stolen anything worth more than \$20?
100. Do you let your feelings interfere with your judgments?
101. Do you always tell the truth?
102. Could you wait for an hour while your partner shopped?
103. When you start a hobby or project, do you finish it?
104. Are you set in your ways?
105. Who is your favorite singer?
106. Name three of your favorite foods?
107. Are you a procrastinator?
108. What is your favorite musical instrument?
109. Do you love the change of seasons?
110. Are you an avid sports fan?
111. Do you like to hike, camp, hunt or fish?
112. Do you a morning or a night person?
113. What is your favorite kind of candy?
114. Do you mind doing your share of the housework?
115. Can you iron a shirt? Cook a full meal or vacuum?
116. Do you feel comfortable around a computer?

117. Do you praise others including your companion, when it seems right?
118. For men only: do you always put the toilet seat down?
119. Do you like to hold hands?
120. Can you easily bend, or adapt, to the significant other in your life?
121. Are you willing to do whatever it takes to make a relationship work?
122. When a loved one is sick, can you willingly care for him or her?
123. Do you try to answer the phone by at least the second ring?
124. How often do you bathe? Prefer night or morning?
125. Do you attend, or would you attend, your child's school activities?
126. For women only: Do you mind doing outside chores?
127. Are you politically conservative or liberal?
128. What is your favorite pet?
129. Have you traveled extensively or only a little?
130. Are you religious? Attend church regularly? What church?
131. Are you uncomfortable around strangers?
132. How do you feel about couples taking separate vacations?
133. Do you often plan things in great detail or just let them happen?
134. Are you a visionary or a realist?
135. Are you empathetic or cold-natured toward others problems?
136. Are you inclined to be late or are you dependable?
137. Are you a practical joker?
138. What is your favorite color?
139. How is your physical health?
140. Do you move your residence a lot or do you like to stay in one place?
141. Do you prefer the company of people who are physically clean?
142. Do you find time to enjoy the sights and sounds of nature?
143. Do you often pray, privately?
144. Are you fair and honest in your personal and business life?
145. What is your blood pressure at present?
146. Do you ever read or write poetry?
147. How often have you done things for others, anonymously?
148. What might your enemies say about you?
149. Do you or have you read fairy tales or nursery rhymes to kids?
150. Where do you think you'll be after this life is over?
151. What is the eleventh commandment?
152. Describe your sense of humor?
153. List 3 things you might do for your partner when he or she is exhausted?
154. What gets you down? What lifts your spirits?
155. What is the last thing you do before going to sleep?
156. Do you now or did you once have a pet name for your partner?
157. If you had 3 wishes, what would the first one be?
158. When discussing problems, what's the best thing to do for your partner?
159. Fill in the blank: It's _____ that hurts the most.
160. What is the easiest way to get someone to do something for you?
161. What is one of the nicest things you can do for your partner?
162. Fill in the blank: Holding hands makes me feel_____.

163. What is the most romantic thing your partner could do for you?
164. Name 2 ways to communicate, non-verbally.
165. What have you learned most about people during your lifetime?
166. How many lawsuits have you been involved in?
167. Why do you think you were born?
168. Fill in the blank: When dealing with a problem, I _____.