

Q-Sort Test

STEP 1: For each trait pair, rate yourself *honestly* on a scale of 1-5; you can circle right on this sheet. Use a pencil:

| | | | | | |
|---------------|---|---|---|---------------|-------|
| 1 | 2 | 3 | 4 | 5 | _____ |
| Outgoing | | | | Shy | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Dishonest | | | | Honest | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Lazy | | | | Hard Working | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Popular | | | | Unpopular | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Organized | | | | Disorganized | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Pessimistic | | | | Optimistic | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Compassionate | | | | Uncaring | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Energetic | | | | Lethargic | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Insecure | | | | Confident | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Relaxed | | | | Anxious | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Assertive | | | | Passive | |
| 1 | 2 | 3 | 4 | 5 | _____ |
| Sensitive | | | | Thick-Skinned | |
| | | | | | _____ |
| | | | | | Total |

STEP 2: Now, go back and circle where you *wish* you were for each pair. Use a pen.

STEP 3: Finally, write the absolute difference between your answer the first time and your answer the second time. Add up these numbers at the end.

Total score: 32 – 48 = low amount of congruity; 16-31 = medium amount of congruity; 0-15 = high amount of congruity