

**Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride**

**Personal Style Inventory (for use in Chapter 5)**

*(Use with scoring sheet)*

**Instructions**

The following items are arranged in pairs (a and b), and each member of the pair represents a preference you may or may not hold. Rate your preference for each item by giving it a score of 0 to 5. 0 means you strongly dislike the choice; 5 means you strongly prefer the choice. The scores for a + b MUST ADD UP TO 5. Use 4 and 1 or 3 and 2 if you feel less strongly, *do not use fractions such as 2 1/2*.

**Generally,**

- 1a. \_\_\_\_\_ I make decisions after finding out what others think.
- 1b. \_\_\_\_\_ I make decisions without consulting others.
  
- 2a. \_\_\_\_\_ I prefer being called imaginative or intuitive.
- 2b. \_\_\_\_\_ I prefer being called factual and accurate.
  
- 3a. \_\_\_\_\_ I make decisions about people based on available data and systematic analysis of situations.
- 3b. \_\_\_\_\_ I make decisions about people based on empathy, feelings, and understanding of their needs and values.
  
- 4a. \_\_\_\_\_ I allow commitments to occur if others want to make them.
- 4b. \_\_\_\_\_ I push for definite commitments to ensure they are made.
  
- 5a. \_\_\_\_\_ I am quiet, thoughtful, and like time alone.
- 5b. \_\_\_\_\_ I am active, energetic, and like other people around me.
  
- 6a. \_\_\_\_\_ I prefer using methods I know will get the job done.
- 6b. \_\_\_\_\_ I prefer to think of new methods to do tasks.
  
- 7a. \_\_\_\_\_ I draw conclusions based on unemotional and careful step-by-step analysis.
- 7b. \_\_\_\_\_ I draw conclusions based on what I feel and believe based on past experience.
  
- 8a. \_\_\_\_\_ I avoid making deadlines.
- 8b. \_\_\_\_\_ I set a schedule and stick to it.
  
- 9a. \_\_\_\_\_ I have inner thoughts and feelings that others don't see.
- 9b. \_\_\_\_\_ I prefer activities that involve others along with me.
  
- 10a. \_\_\_\_\_ I prefer the abstract or theoretical.
- 10b. \_\_\_\_\_ I prefer the concrete or real.

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**Personal Style Inventory (cont.)**

**Generally,**

- 11a. \_\_\_\_\_ I like to help others explore their feelings.  
11b. \_\_\_\_\_ I like to help others make logical decisions.
- 12a. \_\_\_\_\_ I communicate little about my inner feelings and thinking.  
12b. \_\_\_\_\_ I communicate my inner thoughts and feelings freely.
- 13a. \_\_\_\_\_ I plan ahead.  
13b. \_\_\_\_\_ I prefer to “wing it” at the last minute.
- 14a. \_\_\_\_\_ I like to meet new people.  
14b. \_\_\_\_\_ I like to be alone or with one person.
- 15a. \_\_\_\_\_ I like ideas.  
15b. \_\_\_\_\_ I like facts.
- 16a. \_\_\_\_\_ I prefer convictions based on personal thoughts.  
16b. \_\_\_\_\_ I prefer verifiable conclusions based on facts.
- 17a. \_\_\_\_\_ I use appointment books and notes to myself as much as necessary.  
17b. \_\_\_\_\_ I do not use appointment books or notes except when I must.
- 18a. \_\_\_\_\_ I am precise and lay out a detailed plan of action.  
18b. \_\_\_\_\_ I like to design plans but do not feel I have to carry them out.
- 19a. \_\_\_\_\_ I prefer to do things on the spur of the moment.  
19b. \_\_\_\_\_ I like to know in advance what I am expected to do.
- 20a. \_\_\_\_\_ I prefer emotional situations, discussion, and movies.  
20b. \_\_\_\_\_ I prefer analytical situations where I can use my ability.

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**Personal Style Inventory (cont.)**

**Scoring instructions**

Transfer your scores for each item of each pair to the appropriate blanks. **Check the a and b letters to be sure you are recording scores in the right blank spaces.** Add up each column. The total of each pair of columns must equal 25.

<b>E</b>	<b>I</b>
1a.	1b.
5b.	5a.
9b.	9a.
12b.	12a.
14a.	14b.
<b>E Total:</b>	<b>I Total:</b>

<b>S</b>	<b>N</b>
2b.	2a.
6a.	6b.
10b.	10a.
15b.	15a.
18a.	18b.
<b>S Total:</b>	<b>N Total:</b>

<b>T</b>	<b>F</b>
3a.	3b.
7a.	7b.
11b.	11a.
16b.	16a.
20b.	20a.
<b>T Total:</b>	<b>F Total:</b>

<b>J</b>	<b>P</b>
4b.	4a.
8b.	8a.
13a.	13b.
17a.	17b.
19b.	19a.
<b>J Total:</b>	<b>P Total:</b>