

CE 40 Questionnaire

Scoring: Very much = 10 points
Quite a bit = 5 points
Not very much = 2 points
Not at all = 0

updated: 2/13/12 by C. Banker
with slight grammatical corrections
*slight modification in language

1. _____ I rapidly take charge in a group and I don't like to go unnoticed.
2. _____ I make light of other people's feelings; I get criticized for my lack of sensitivity.
3. _____ I cultivate my inner self; I have a tendency to keep a journal of my intimate thoughts.
4. _____ I am extremely optimistic; I don't overly dramatize life's situations and I have a tendency to act without thinking.
5. _____ People around me can get discouraged because of my inertia.
6. _____ I am not preoccupied by my emotions; I'd rather listen to others than discuss my own feelings.
7. _____ I am efficient; I am methodical and regular.
8. _____ I believe in "live and let live" and don't worry much; I love to sleep or do nothing.
9. _____ I want to gain the highest level in my field and am willing to devote the time necessary to achieve it.
10. _____ I seem negligent and I believe time can fix everything without my help or intervention.
11. _____ I often feel beaten before I start; I know things will never work out.
12. _____ I am active in all circumstances; I can be the diplomat or the opportunist, and adapt easily to meet the needs of the situation.

13. _____ I am anxious, indecisive, and timid; I often make nervous movement or even bite my fingernails.
14. _____ I am cordial, exuberant, the "life of the party"; I am also easily angered.
15. _____ When I am upset or contradicted, I tend to pout and wait for others to guess why; then I want them to console me.
16. _____ I feel the need to embellish reality, to exaggerate the facts; I am told I lack objectivity.
17. _____ I am even tempered and generally calm.
18. _____ I like to attract attention to myself, even if I have to be seductive.
19. _____ I am objective and fair; I rarely get angry; I don't allow my emotions to interfere with my analysis of a situation.
20. _____ I like to devote a lot of time to social and sensual pleasure such as parties, dinners, cards, games and lovemaking.
21. _____ I sense I am predestined to participate in noble causes and undertake difficult enterprises.
22. _____ I like to make situations fair and just.
23. _____ I need change, excitement and diversion.
24. _____ I compensate for my vulnerability by clear thinking.
25. _____ I am both optimistic and anxious; I am always in a hurry and afraid of being late.
26. _____ I use cold logic to resolve my problems. Considering them one at a time and methodically finding solutions.

27. _____ I make decisions quickly and on impulse, and I act on them immediately and vigorously.
28. _____ I am timid, fearful, and easily discouraged; I sometimes lack the will to live.
29. _____ I possess a natural authority and I have the personality of a leader.
30. _____ I am criticized for undertaking too many things at once; I don't always finish everything I start.
31. _____ I am very demanding of myself and others.
32. _____ People are attracted to my calm demeanor,* but I get criticized for being negligent and lazy.
33. _____ I am thrifty and cautious; I don't let people take advantage of me.
34. _____ I am basically accommodating; I don't mind following others.
35. _____ If I have to criticize someone, I'd rather use humor than harshness.
36. _____ I guard my solitude and organize my life in advance; I don't like improvised activities.
37. _____ I like to tease and to play on words, even if it gets a bit heavy.
38. _____ I am criticized for my changing moods, for my irritability, and even for crying over nothing.
39. _____ I think some people envy me and are jealous of me.
40. _____ I am often convinced I am right; I like to argue and split hairs to prove a point.

