

## Personality Inventory

### Directions

1. Check the appropriate box next to each statement. Be honest and consistent; treat each statement independently of those around it. Use the following scale for your responses:  
1: Not descriptive of me at all    3: Neutral    5: Very descriptive of me
2. Add the point values in each box. When you have completed the entire inventory, transfer the totals to the summary table at the end of this section.

Remember that this is reference tool **only!** This test does not define your personality or identify your strengths and weaknesses! It only serves as a starting point for your own reflection.

1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am the life of the party.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I feel comfortable around people.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I tend to start conversations.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I don't mind being the center of attention.	_____
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I make friends easily.	Box S
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I tend to take charge.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am skilled in handling social situations.	

1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I have a rich vocabulary.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I like to begin new things.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am quick to understand things.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am full of ideas.	_____
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I prefer variety in my life.	Box C
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I love to read challenging material.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I love spending time with complex people.	

1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am always prepared.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I pay attention to details.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I follow a schedule.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am exacting in my work.	_____
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I prefer to get things done quickly.	Box O
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I love order and regularity.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I like to tidy up.	

SHAPE: Find Your Fit in the Body of Christ

1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am interested in people.	<u>        </u> Box P
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I sympathize with others' feelings.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I have a soft heart.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I know how to comfort others.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am on good terms with nearly everyone.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I have a good word for everyone.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I love to help others	

1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am relaxed most of the time.	<u>        </u> Box E
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I seldom feel blue.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am not easily bothered by things.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I seldom get mad.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I do not experience frequent mood swings.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I am not easily offended.	
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> I rarely get irritated.	

	Low	Average	High
S/Social	7 · 9 · 11 · 13 ·	15 · 17 · 19 · 21 · 23 · 25 · 27 ·	29 · 31 · 33 · 35
C/Change	7 · 9 · 11 · 13 ·	15 · 17 · 19 · 21 · 23 · 25 · 27 ·	29 · 31 · 33 · 35
O/Organized	7 · 9 · 11 · 13 ·	15 · 17 · 19 · 21 · 23 · 25 · 27 ·	29 · 31 · 33 · 35
P/Pleasing	7 · 9 · 11 · 13 ·	15 · 17 · 19 · 21 · 23 · 25 · 27 ·	29 · 31 · 33 · 35
E/Emotional	7 · 9 · 11 · 13 ·	15 · 17 · 19 · 21 · 23 · 25 · 27 ·	29 · 31 · 33 · 35

Plot your scores above on the chart above and record your scores on the table below.

Social: _____	Change: _____	Organized: _____	Pleasing: _____	Emotional: _____
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SCOPE is an acronym for the five factor model of personality, consisting of five scales: Social, Change, Organized, Pleasing, and Emotional Stability. The following descriptions come from the PREPARE/ENRICH counseling material which uses these scales to help couples understand how best to relate to one another in a marriage relationship.

## Social

This includes characteristics such as excitability, assertiveness, sociability and emotional expressiveness. High social scorers seek out stimulation and the company of others, and are often energetic and talkative. They have a tendency to draw attention to themselves, and are enthusiastic about opportunities for excitement. Those scoring low on the social scale lack such social exuberance. Their quiet demeanor is not necessarily indicative of shyness, but rather signifies that they need less social stimulation and more time alone.

## Change

This refers to characteristics such as imagination, insight, curiosity, emotion, unusual ideas and variety of experience. It is a trait which distinguishes between idealists and realists. Those who score high in change tend to be creative, aware of their feelings, intellectually curious, and appreciative of art and beauty. Those who score low in change are more likely to hold traditional beliefs and prefer the plain and obvious over the complex and ambiguous.

## Organized

This is commonly associated with self-control, goal oriented behavior and thoughtfulness. This trait influences how we control and implement our impulses. Those who score high in organization typically prefer planned rather than spontaneous behavior; they also pay attention to details in their plans. Those who score low in organization generally are described as thrill-seekers or impulsive, often paying less attention to detail.

## Pleasing

This is characterized by compassion, trust, kindness, altruism, affection, and other prosocial behaviors. Pleasing individuals tend to be cooperative and considerate of others. They generally have an optimistic view of human nature. Those who score low on this scale are often suspicious and antagonistic and thus place self-interest above compromise with others. They do not place high value in being friendly or helpful.

## Emotional Stability

This refers to an individual's emotions and mentality. Emotionally stable individuals do not often experience negative emotions, such as anxiety, moodiness, irritability, or depression. Those who score low in emotional stability are particularly vulnerable to stress and tend to react emotionally; they also have a generally negative perception of situations. Individuals who score high in emotional stability are often easy-going and are not typically upset easily.