

TYPE YOUR BEHAVIOR

To obtain an estimate of our behavior type, answer the following questions by indicating the response that *most often* applies.

1. When you are under pressure or stress, do you usually do something about it immediately?
2. Has your spouse or friend ever told you that you eat too fast?
3. When someone takes too long to come to the point in a conversation do you often “put words in their mouth” in order to speed things up?
4. Do you often find yourself doing more than one thing at a time, such as working while eating, reading while dressing or figuring out problems while driving?
5. Do you feel irritated if someone interrupts you while you are in the middle of something important?
6. Are you always on time, or a little bit early for appointments?
7. Do you feel impatient or restless when forced to “wait in line” such as at a restaurant, store or post office?
8. Do you find competition on the job or in outside activities enjoyable and stimulating?
9. Nowadays do you consider yourself to be definitely hard driving and competitive?
10. Would people who know you well rate your general level of activity as “too active” and advise you to “slow down”?
11. Would people who know you well agree that you tend to do most things in a hurry?
12. Would people who know you well agree that you have more energy than most people?
13. Do you enjoy competition and try hard to win?
14. Is it very difficult for you to relax after a hard day?
15. In your opinion, do top executives usually reach their high positions through hard work rather than social skills and the luck of “being in the right place at the right time”?
16. During the average busy workweek, do you usually spend more than 50 hours working?
17. Do you usually go to your place of work when you are not expected to be there (i.e. weekends) at least once a week?
18. Do you often stay up later than you prefer or get up early in order to get more work done?
19. Do you bring work home or study work-related materials more than once a week?

20. Do you regularly keep two jobs moving forward at the same time by shifting back and forth rapidly from one to the other?
21. Do you often set deadlines or quotas for yourself at work or at home?
22. Rather than plan in advance for a holiday, do you prefer to take it as it comes?
23. In the past three years, have you ever taken less than your allotted number of vacation days?
24. Did you ever hold more than one job at the same time?

If you answered, “yes” to more than 15 of these questions you are probably a type A person. Type A personalities are more prone to stress.

TYPE A BEHAVIOR PATTERN is an action-emotion complex that can be observed in people who are aggressively involved in a chronic incessant struggle to achieve more and more in less and less time, and if required to do so, against the opposing efforts of other things or other persons. These people are also quite prone to exhibit a free-floating but extraordinarily well-rationalized hostility. The environmental challenge always serves as a fuse for an explosion of Type A Behavior.

TYPE B BEHAVIOR PATTERN is the exact opposite of Type A behavior. Type B people are rarely harried by desires to obtain a widely increasing number of things or participate in an endlessly growing series of events in an ever-decreasing amount of time. They may be as intelligent or more intelligent than Type A people or even more ambitious, possessed of greater “drive”. But these things seem to steady, to give confidence and security – rather than to goad, irritate and infuriate, as with Type A personalities.