

Your Imperative Tendency Check-list?¹

Tick which ones of these apply to you.

<input type="checkbox"/>	1. I hate to admit my weaknesses, even if they seem obvious to others
<input type="checkbox"/>	2. I get irritated when other people make mistakes
<input type="checkbox"/>	3. I tend to use words like <i>should, ought, must, can't</i> when I'm talking to other people
<input type="checkbox"/>	4. I tend to do an important job myself because someone else might not do it right
<input type="checkbox"/>	5. I'm uncomfortable with ideas that are different
<input type="checkbox"/>	6. I am annoyed and upset more often than I'd like to be
<input type="checkbox"/>	7. Once I have formulated an opinion, I don't tend to change it
<input type="checkbox"/>	8. I stay away from people whose opinions are different from mine
<input type="checkbox"/>	9. When I'm working on a project, I often become so focused that I get irritated when someone interrupts me, and I tend to snap at them
<input type="checkbox"/>	10. I get impatient when other people can't understand what needs to be done
<input type="checkbox"/>	11. I would rather let people have a false favorable impression of me rather than being open and vulnerable
<input type="checkbox"/>	12. When someone tells me about a personal problem, I feel I have to provide a solution
<input type="checkbox"/>	13. I use silence to punish those who disappoint or disagree with me
<input type="checkbox"/>	14. Before starting a project, I dwell on it constantly to be sure I'll do it just right
<input type="checkbox"/>	15. When someone else is in a foul mood, it puts me in a foul mood too
<input type="checkbox"/>	16. Critical thoughts come to my mind more often than I would like
<input type="checkbox"/>	17. When someone confronts me about my opinions or beliefs, I immediately begin to search for a rebuttal
<input type="checkbox"/>	18. I have a mental list of standards people should meet before I accept them
<input type="checkbox"/>	19. I sometimes resent having to do so much for my family
<input type="checkbox"/>	20. I am uncomfortable when others share very personal emotions with me

SCORE:

/20

[rate your score over the page]

¹ – After list on p:16-17

RATING

<5	You're either a very composed person or you need to begin to see yourself more positively
5-6	You're normal
>9	You are inclined towards being controlling and a life of stress & tension is highly probable

Laurence

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