

1. When do you feel at your best?

- a) in the morning
- b) during the afternoon and early evening
- c) late at night

2. You usually walk.....

- a) fairly fast, with long steps
- b) fairly fast, with little steps
- c) less fast head up, looking the world in the face
- d) less fast, head down
- e) very slowly

3. When talking to people, you...

- a) stand with your arms folded
- b) have your hands clasped
- c) have one or both your hands on your hips or in pockets
- d) touch or push the person to whom you are talking
- e) play with your ear, touch your chin or smooth your hair

4. When relaxing, you sit with...

- a) your knees bent with your legs neatly side by side
- b) your legs crossed
- c) your legs stretched out or straight
- d) one leg curled under you

5. When something really amuses you, you react with...

- a) a big appreciated laugh
- b) a laugh, but not a loud one
- c) a quiet chuckle
- d) a sheepish smile

6. When you go to a party or social gathering, you...

- a) make a loud entrance so everyone notices you
- b) make a quiet entrance, looking around for someone you know
- c) make the quietest entrance, trying to stay unnoticed

7. When you're working or concentrating very hard, and you're interrupted, you...

- a) welcome the break
- b) feel extremely irritated
- c) vary between these two extremes

8. Which of the following colors do you like most?

- a) Red or orange
- b) black
- c) yellow or light blue
- d) green
- e) dark blue or purple
- f) white
- g) brown or gray

9. When you are in bed at night, in those last few moments before going to sleep, you lie...

- a) stretched out on your back
- b) stretched out face down on your stomach
- c) on your side, slightly curled
- d) with your head on one arm
- e) with your head under the covers

10. You often dream that you are...

- a) falling
- b) fighting or struggling
- c) searching for something or somebody
- d) flying or floating
- e) you usually have dreamless sleep
- f) your dreams are always pleasant