



## Anthetic Polar Type Quiz

Check the box if you agree with the following statements.

- I can't stand to lose.
- You can't trust people because they will take advantage of you if you let them.
- I hate when people complain about their problems. They just need to deal with it!
- I hate when people cry. It's weak.
- I hate when people are offended. They should be less sensitive.
- My motto is "I won't take crap from anyone."

\_\_\_ Number of checks (TO)

- I frequently share my feelings with others and never shy away from being a bit "mushy".
- I think a lot about what I'll say so I don't hurt other people's feelings.
- I have a hard time being around people who don't care about other's feelings and say whatever.
- I have a hard time saying "No."
- I feel really awful if I let someone down or hurt their feelings.
- My motto is "be nice."

\_\_\_ Number of checks (TE)

- I can't stand people who are needy.
- I can't depend on others.
- I don't like to have others help me.
- I love being independent.
- I feel smothered by people who want to spend lots of time together.
- My motto is "if you want it done right, do it yourself"

\_\_\_ Number of checks (SS)

- I hate making decisions.
- When I do make decisions, I like to get input from others to help me.
- I hate to be alone.
- I love to spend as much time as possible with family and friends.
- I wish I could have stayed a child forever and never have grown up.
- My motto is "Why do for yourself what others can do for you?"

\_\_\_ Number of checks (DE)

Which 2 sections had the most checks?

**In relationships, I tend to be:**

**Circle One: Tough (TO) OR Tender (TE)**

**AND**

**Circle One: Self-Sufficient (SS) OR Dependent (DE)**