

Circle the number that you feel most closely represents your own behaviour in your everyday life. Then add up your score. Try to reduce your score by deliberately changing your behaviour.

Casual about appointments	0 1 2 3 4 5 6 7 8 9 10	Never late
Not competitive	0 1 2 3 4 5 6 7 8 9 10	Very competitive
Impatient while waiting	10 9 8 7 6 5 4 3 2 1 0	Can wait patiently
Never feel rushed	0 1 2 3 4 5 6 7 8 9 10	Always rushed
Emphatic in speech (fast, forceful)	10 9 8 7 6 5 4 3 2 1 0	Slow deliberate talker
Care about satisfying self irrespective of what others think	0 1 2 3 4 5 6 7 8 9 10	Want good job recognised by others
Slow doing things (eating, walking etc)	0 1 2 3 4 5 6 7 8 9 10	Fast doing things (eating, walking etc)
Hard driving (pushing yourself and others)	10 9 8 7 6 5 4 3 2 1 0	Easy going
Express feelings	0 1 2 3 4 5 6 7 8 9 10	Hide feelings
Many outside interests	0 1 2 3 4 5 6 7 8 9 10	Few interests outside home/work
Ambitious	10 9 8 7 6 5 4 3 2 1 0	Unambitious
Take things one at a time	0 1 2 3 4 5 6 7 8 9 10	Try to do many things at once; think about what you will do next
Eager to get things done	10 9 8 7 6 5 4 3 2 1 0	Casual
Good listener	0 1 2 3 4 5 6 7 8 9 10	Anticipate what others are going to say – finish sentences, nod, interrupt

**Scoring**

- Below 70** Tending towards Type B
- 0–100** Moderate Type A
- Over 100** High-scoring Type A

(adapted from **Bortner RW & Rosenman RH**, 'The Measurement of Pattern – A Behaviour', *Journal of Chronic Disorders* 20, pp 525–33, 1967.)