

TEMPERAMENT QUESTIONNAIRE / TEMPERAMENT VRAELYS

Source / Bron: Arnold Mol (1981:21)

- Answer the questions according to the way that you would behave if you were alone, with a partner or a close member of your family. *Beantwoord die vrae soos jy normaalweg dink, optree of voel wanneer jy alleen is of in die teenwoordigheid van jou lewensmaat of gesin.*
- Work quickly. Your first reaction is important. *Werk vinnig. Jou eerste reaksie is belangrik.*
- Try to refrain from answering with a " ? " where possible. (Meaning "I don't know" or "at times"). *Waar moontlik probeer om nie 'n " ? " (wat "ek weet nie" of "soms" beteken) te gebruik nie.*
- Remember that there is no correct or incorrect response. *Onthou dat daar geen regte of verkeerde antwoorde is nie.*

J = Ja Y= Yes
 N = No/Nee
 ? = I don't know/ at times
 Ek weet nie / soms

**CIRCLE YOUR ANSWER NEXT TO EACH QUESTION.
 OMKRING JOU ANTWOORD LANGS ELKE VRAAG.**

- | | | | | |
|----|--|-----|---|---|
| 1. | Do you normally eat faster than other people do even when there is no reason to hurry? <i>Eet jy normaalweg vinniger as ander mense al is daar geen rede tot haas nie?</i> | J/Y | ? | N |
| 2. | When people give you a compliment, do you generally believe them? <i>Glo jy mense gewoonlik wanneer hulle jou komplimenteer?</i> | J/Y | ? | N |
| 3. | Would you generally prefer to stay at home and do your own thing, rather than go out visiting friends? <i>Sal jy oor die algemeen verkies om by die huis te bly en jou met jou eie dinge besig te hou eerder as om by vriende te gaan kuier?</i> | J/Y | ? | N |
| 4. | Do you sometimes feel that you don't care what happens to you? <i>Voel jy soms dat jy nie kan omgee wat met jou gebeur nie?</i> | J/Y | ? | N |
| 5. | When catching a train or bus, do you often arrive at the last minute? <i>Arriveer jy dikwels op die laaste nippertjie wanneer jy 'n bus of 'n trein moet haal?</i> | J/Y | ? | N |
| 6. | Are you usually easily-going – not easily agitated? <i>Het jy oor die algemeen 'n gemaklike geaardheid en raak jy dus nie maklik ontsteld nie?</i> | J/Y | ? | N |
| 7. | Do you usually think carefully before deciding anything? <i>Dink jy gewoonlik sorgvuldig voordat jy enige besluite neem?</i> | J/Y | ? | N |

8. Do you become irritated quickly when things are not in their proper place? *Vererg jy jou gou wanneer 'n ding nie op sy regte plek is nie?* JY ? N
9. Do you often gesticulate (use your hands) when you talk? *Beduie jy dikwels met jou hande terwyl jy praat?* JY ? N
10. Do you find it relatively easy to keep your emotions under control? *Vind jy dit betreklik maklik om jou emosies onder beheer te hou?* JY ? N
11. Are you often suspicious of other people's motives? *Wantrou jy dikwels ander mense se motiewe?* JY ? N
12. Do you frequently feel that people frown upon the things that you do and say? *Voel jy dikwels dat mense die dinge wat jy sê en doen afkeur?* JY ? N
13. Do you often get frustrated when you're driving in slow traffic? *Raak jy dikwels gefrustreerd wanneer jy 'n motor in stadige verkeer bestuur?* JY ? N
14. Are you on the whole satisfied with your physical appearance? *Is jy oor die algemeen tevrede met jou fisiese voorkoms?* JY ? N
15. Do you normally find it difficult to go up to strangers at a social gathering and introduce yourself? *Vind jy dit normaalweg by 'n sosiale geleentheid moeilik om jouself aan vreemdeinge voor te stel?* JY ? N
16. Do you often feel restless as though you're looking for something, but you're not sure what? *Voel jy dikwels rusteloos asof jy iets soek maar nie seker is waarna nie?* JY ? N
17. Do people who drive very cautiously generally get on your nerves? *Is mense wat baie versigtig bestuur gewoonlik vir jou 'n bron van irritasie?* JY ? N
18. Do you usually make up your own mind regardless of what other people might think of your decision? *Kom jy normaalweg self tot 'n besluit ongeag wat mense mag dink?* JY ? N
19. When you want to buy an expensive article, can you normally save up for it patiently? *Kan jy oor die algemeen geduldig opspaar vir 'n duur artikel wat jy wil koop?* JY ? N
20. Do you have some bad habits that you sometimes feel you ought to have discarded long ago? *Het jy 'n paar slegte gewoontes wat jy soms voel jy lankal van ontslae moes geraak het?* JY ? N
21. Do other people usually know what you are thinking and feeling? *Weet ander mense gewoonlik wat in jou gedagtes en gemoed omgaan?* JY ? N
22. Would you say that on the whole you are satisfied with your life JY ? N

up to now? *Sou jy sê dat jy oor die algemeen tevrede is met jou lewe tot dusver?*

23. Do you plan most of your activities well ahead of time?
Belpan jy die meeste van jou aktiwiteite lank vooruit? JY ? N

24. Do you generally spend a good deal of time worrying about financial matters? *Bekommer jy jou dikwels oor finansiële sake?* JY ? N

25. Do you usually show your impatience when someone has kept you waiting? *Toon jy gewoonlik jou ongeduld wanneer iemand jou laat wag?* JY ? N

26. When you feel downhearted do you normally try to find someone to cheer you up? *Probeer jy normaalweg iemand vind om jou op te beur wanneer jy teneurgedruk voel?* JY ? N

27. Would you generally prefer to see a documentary rather than a comedy on TV? *Verkies jy oor die algemeen om 'n dokumentêre stuk op TV te sien eerder as 'n komedie?* JY ? N

28. Are you frequently bothered by a guilty conscience?
Word jy dikwels deur 'n skuldige gewete gehinder? JY ? N

29. Do you often find yourself crossing a busy street, leaving your more careful companions on the other side?
Vind jy dikwels dat jy reeds 'n besige straat oorgesteek het terwyl jou meer versigte metgeselle nog aan die ander kant staan? JY ? N

30. When you have made a social blunder can you normally forget it quite easily? *Kan jy normaalweg 'n sosiale blaps wat jy gemaak het, maklik vergeet?* JY ? N

31. Would you generally keep your opinions to yourself if you thought it might upset someone who was present? *Hou jy meestal jou mening vir jouself indien jy dink dit sou iemand teenwoordig ontstel?* JY ? N

32. When you see a picture on the wall that is not hanging straight, do you usually have difficulty in concentrating until it has been put straight?
Wanneer jy 'n muurprent skeef sien hang, vind jy dit gewoonlik moeilik om te konsentreer voordat dit reggeskuif is? JY ? N

33. Do you think it is pointless to analyse your own thoughts and feelings regularly? *Vind jy dit sinneloos om jou eie gedagtes en gevoelens gereeld te ontleed?* JY ? N

34. Do you usually have specific goals and a definite sense of direction in your life? *Het jy normaalweg spesifieke doelwitte en 'n besliste sin van rigting in jou lewe?* JY ? N

35. If someone in a social group expresses a point of view that differs from yours, would you normally keep quiet rather than tell them that you disagree? *Indien iemand in 'n sosiale groep 'n mening uitspreek en jy beslis daarmee verskil sou jy normaalweg stilbly eerder as om te sê dat jy nie saamstem nie?* JY ? N

36. Do you often feel that there isn't much in your life that you can be proud of? *Voel jy dikwels dat daar nie veel in jou lewe is waarop jy trots kan wees nie?* JY ? N
37. Are you usually very talkative when you are around people whom you know? *Is jy gewoonlik baie spraaksaam wanneer jy saam met bekende persone verkeer?* JY ? N
38. Do you generally feel that your life is useful and contributes to society? *Voel jy meestal dat jou lewe nuttig en 'n bydrae tot die gemeenskap is?* JY ? N
39. When buying an electrical appliance, do you usually read the guarantee before making the purchase? *Lees jy gewoonlik die waarborg voordat jy 'n elektriese toestel koop?* JY ? N
40. Do you frequently prefer to complete a task yourself rather than to delegate it to someone else – for fear that they may not do it as well as you would? *Verkies jy meestal om 'n taak self af te handel eerder as om dit te delegeer, uit vrees dat iemand anders die taak nie so goed soos jy sal doen nie?* JY ? N
41. Do you often say and do things on the spur of the moment? *Doen en sê jy dinge op die ingewing van die oomblik?* JY ? N
42. When you have done something wrong, can you normally forget about it quickly and focus on the future? *Wanneer jy iets verkeerd gedoen het, kan jy normaalweg gou daarvan vergeet en op die toekoms konsentreer?* JY ? N
43. Are you generally inclined to be deliberate and unhurried in your actions? *Is jy oor die algemeen besadig en tydsaam in jou optrede?* JY ? N
44. Do you at times keep quiet for fear that people might criticise or laugh at your point of view? *Bly jy soms stil uit vrees dat mense sal lag of jou sal kritiseer vir jou standpunt?* JY ? N
45. Do you often tell jokes and funny stories to your friends? *Vertel jy dikwels grappe en snaakse stories aan jou vriende?* JY ? N
46. Does your future on the whole seem promising and bright to you? *Lyk die toekoms oor die algemeen belowend en rooskleurig vir jou?* JY ? N
47. Do you frequently think about your past and the course that your life is taking? *Dink jy dikwels oor jou verlede en die koers wat jy tans inslaan?* JY ? N
48. After you have completed an important task do you often feel that you should have done it better? *Nadat jy 'n belangrike taak uitgevoer het voel jy dikwels dat jy beter moes gedoen het?* JY ? N

TEMPERAMENT QUESTIONNAIRE / TEMPERAMENTVRAELYS

CALCULATING YOUR SCORE / VERWERKING VAN JOU TELLING:

Give yourself two points for every "YES" answer and one point for every "?" answer, on each of the following questions / Gee vir jouself twee punte vir elke "JA" antwoord en een punt vir elke "?" op die volgende vrae:

1, 5, 9, 13, 17, 21, 25, 29, 33, 37, 41, 45. TOTAL / TOTAAL: _____ (E-A score/telling)

Give yourself two points for every "NO" answer and one point for every "?" answer on each of the following questions / Gee vir jouself twee punte vir elke "NEE" antwoord en een punt vir elke "?" op die volgende vrae:

3, 7, 11, 15, 19, 23, 27, 31, 35, 39, 43, 47. TOTAL / TOTAAL: _____ (E-B score/telling)

Add the E-A and E-B scores up, for your Extrovert score. Tel die E-A en E-B tellings op vir jou Ekstrovert-telling:

EXTROVERT SCORE / EKSTROVERT-TELLING: _____

Give yourself two points for every "YES" answer and one point for every "?" answer, on each of the following questions / Gee vir jouself twee punte vir elke "JA" antwoord en een punt vir elke "?" op die volgende vrae:

2, 6, 10, 14, 18, 22, 26, 30, 34, 38, 42, 46. TOTAL / TOTAAL: _____ (O-A score/telling)

Give yourself two points for every "NO" answer and one point for every "?" answer, on the following questions / Gee vir jouself twee punte vir elke "NEE" antwoord en een punt vir elke "?" op die volgende vrae:

4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48. TOTAL / TOTAAL: _____ (O-B score/telling)

Add the O-A and O-B scores together for the Unemotional score. (Ladies first subtract four points). Tel die O-A en O-B tellings op vir jou Onemosionele-telling (Dames trek eers vier punte af.)

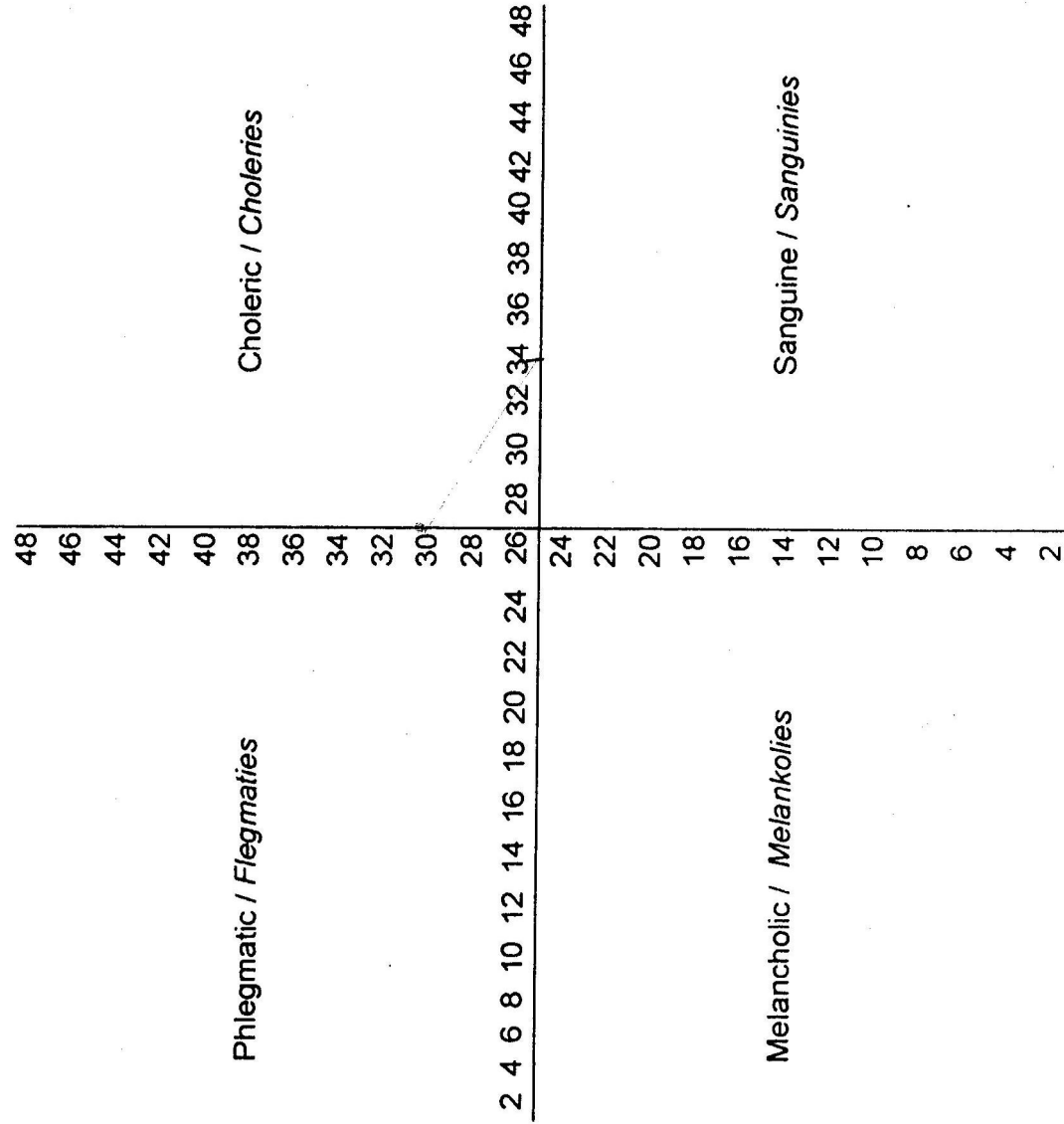
UNEMOTIONAL SCORE / ONEMOSIONELE-TELLING: _____

INTERPRETATION OF YOUR SCORE / INTERPRETASIE VAN JOU TELLING:

Mark your Extrovert score on the horizontal line, and your Unemotional score on the vertical line. Matching the lines, see where they meet one another at 90° / Merk jou Ekstrovert-telling op die horisontale as en jou Onemosionele-telling op die vertikale as. Trek twee lyne wat mekaar op 90° ontmoet.

Please note that the results of this questionnaire are not 100% accurate, they are simply tentative in nature. Your state of mind whilst filling in the questionnaire will influence your answers. *Onthou dat die resultate van hierdie vraelys nie 100% akkuraat is nie, dit is bloot tentatief van aard. Jou gemoedstoestand terwyl die vraelys voltooi is, kan 'n invloed op jou antwoorde hê.*

UNEMOTIONAL / ONEMOSIONEEL



I N T R O V E R T I N T R O V E R T

E X T R O V E R T E K S T R O V E R T

EMOTIONAL / EMOSIONEEL

THE FOUR BASIC TEMPERAMENTS / DIE VIER BASIESE TEMPERAMENTE

- Although every individual is unique, many of us demonstrate similar behavioural patterns.
Elke individu is uniek. tog toon baie van ons soortgelyke gedragsspatrone.
- Two scales are used to determine temperament, namely introvert or extrovert, and emotional or unemotional. The combination of these two scales creates four basic temperament styles, namely: Choleric, Sanguine, Melancholic and Phlegmatic. Most people have a dominant and a secondary temperament.
Twee skale word gebruik om temperament te bepaal, naamlik introvert of ekstrovert, en emosioneel of onemosioneel. Die kombinasie van hierdie twee skale skep vier basiese temperamente, naamlik Choleries, Sanguinies, Melankolies en Flegmaties. Die meeste mense het 'n dominante en 'n sekondêre temperament.
- Behavioural patterns can be changed if the individual is willing to do so, knows how and is encouraged to do it.
Gedragsspatrone kan verander word indien die individu wil verander, weet hoe om te verander en aanmoediging kry om te verander.

THE CHOLERIC PERSON / DIE CHOLERIESE PERSOON:

1. Strong points / Sterkpunte:

Self-confident, achiever, goal -orientated, strong willpower, self-discipline, natural leader, organised.

Selfversekerd, baanbreker, doelgerig, sterk wilskrag, selfgedissiplineerd, natuurlike leier en organiseerder.

2. Short comings / Tekortkominge:

Lack of emotions, unsympathetic, dominating, impatient, stubborn, egotistical, want things done their way!

Emosioneel gebrekkig, onsimpatiek, dominerend, ongeduldig, selfgenoegsaam, hardkoppig, wil dinge op sy manier gedoen hê!

3. Personal behaviour / Persoonlike optrede:

Hardworking, well-organised, takes quick decisions based on practical considerations, takes decisions for other people, detail bores them and they often start a project without thinking it through.

Hardwerkend, goed georganiseerd, koop die tyd uit, neem vinnige besluite – gebasseer op praktiese oorwegings, neem besluite namens ander mense – want hulle wil hulle eie sin hê, detail verveel hulle – pak dikwels 'n projek aan sonder om dit deeglik te deur dink.

4. Social interaction / Sosiale interaksie:

Voice their opinions strongly and differences in opinion are seen as challenges to be won. Won't change of opinion easily because they hate to be proved wrong. Insensitive to other people's feelings and make little effort to try and understand others. Critical towards people, often making others feel inferior.

Spreek hul menings sterk uit – meningsverskille is uitdagings wat gewen moet word. Sal nie maklik van mening verander nie, want hulle haat dit om verkeerd bewys te word. Onsensitief vir ander mense se gevoelens – en doen min moeite om ander mense te probeer verstaan. Baie krities ingestel teenoor ander mense – en laat hulle dikwels minderwaardig voel.

THE SANGUINE PERSON / DIE SANGUINESE PERSOON:

1. Strong points / Sterk punte:

Spontaneous, energetic, friendly, social, lively, good-hearted, generous.

Spontaan, geesdriftig, hartlik, sosiaal, lewendig, goedhartig, vrygewig.

2. Short comings / Tekortkominge:

Talkative, like to be the focus point of attention, poor willpower, want to be accepted by everyone, temperamental moods, impulsive.

Praterig, wil graag die middelpunt van aandag wees, swak wilskrag, wil deur almal aanvaar word, vinnig wisselende buie, impulsief.

3. Personal behaviour / Persoonlike optrede:

Poor time management, they accept too many responsibilities.

Very optimistic approach to life.

Undisciplined and disorganised.

Poor financial administrators.

Lose concentration in projects quickly.

Place the needs of others above those of their families.

Swak tydsbesef – aanvaar te veel verpligtinge

Baie optimistiese lewensbeskouing

Ongedissiplineerd en ongeorganiseerd

Swak finansiële administrateurs

Verloor gou belangstelling in projekte

Sal behoeftes van ander mense bo die van die gesin stel.

4. Social interaction / Sosiale interaksie:

Speak about themselves without stopping.

Enjoy people, but quickly forget about them again.

Enjoy the attention of the opposite sex.

Important for them to be in other people's good books.

Praat sonder ophou meestal oor hulself.

Geniet mense, maar vergeet weer gou van hulle.

Geniet die aandag van die teenoorgestelde geslag.

Is daarop ingestel om in ander se goeie boekies te kom.

THE MELANCHOLIC PERSON / DIE MELANKOLIESE PERSOON:

1. Strong points / Sterk punte:

Gifted, talented, creative, analytical, deep thinkers, high standards, loyal, martyrs, avoid the lime light.

Begaafd, talentvol, kreatief, analities, diep denkend, hoë standaarde, lojaal, selfopofferend, vermy die kollig.

2. Short comings / Tekortkominge :

Introspective, moody, get angry quickly, touchy, perfectionistic, indecisive, pessimistic, suspicious, self-belittling, self-pitying.

Introspektief, liggeraak, buierig, word gou kwaad, perfektionisties, pessimisties, agterdogtig, selfverkleinerend, selfbejammerend.

3. Personal behaviour / Persoonlike optrede:

Take long to make a decisions due to a fear of making a mistake.

Unable to think quickly and become disorganised under pressure, emotional tension or physical fatigue.

Blame and belittle themselves when things go wrong.

Become angry if they are not perfect and give other people the blame.

Neem lank om besluite te neem vanweë hul vrees om 'n fout te maak.

Kan nie vinnig dink nie en raak ongeorganiseerd onder tydsdruk, emosionele spanning of liggaamlike moegheid.

Blameer hulself wanneer sake verkeerd loop en takel hulself af.

Raak kwaad as hulle nie perfek is nie en gee dan ander mense die skuld.

4. Social interaction / Sosiale interaksie:

Will not disclose their feelings easily, but will rather keep it inside.

Seldom give compliments/ recognition because they mostly think that things could have been done better.

Are quickly offended, but will not admit it, most of their feedback is non-verbal.

Oversensitive about what other people think of them.

Suspicious about the motives of others.

Sal nie maklik hulle gevoelens openbaar nie – klop dit eerder op.

Gee selde komplimente/erkenning omdat hulle meestal voel dat dinge nog beter gedoen kon wees.

Neem maklik aanstoot, maar sal dit nie erken nie – kommunikeer meestal nie-verbaal.

Oorsensitief vir wat ander mense van hulle sal dink.

Agterdogtig ten opsigte van die motiewe van ander mense.

THE PHLEGMATIC PERSON / DIE FLEGMATIESE PERSOON:

1. Strong points / Sterk punte:

Calm, controlled emotions, long suffering, think before they act, peace maker, loyal to friends, responsible, dry sense of humour.

Kalm, beheerde emosies, verdraagsaam, dink voor optrede, gemoedelik, vredemaker, getrou aan vriende, verantwoordelik, droë sin vir humor.

2. Short comings / Tekortkominge:

Passive, withholding, unenthusiastic, hesitant to get involved, indecisive, sarcastic, fearful.

Traag, terughoudend, ongeesdrifdig, huierig om betrokke te raak, besluiteloos, eiesinnig, sarkasties, vreesagtig.

3. Personal behaviour / Persoonlike optrede:

Avoids decisions where possible, they are more than happy to let others decide. Postpone decisions in the hope of them solving themselves. Seldom gets upset or excited and they have a calming and damping effect on others.

Extremely loyal but at home things get behind.

Sal besluite vermy waar moontlik, tevrede om dit aan ander mense oor te laat. Stel besluite uit in die hoop dat die probleem homself sal oplos.

Raak selde ontsteld/opgewonde, het beide 'n kalmerende en dempende effek op andere

Geweldig pligsgetrou – maar tuis bly baie dinge agterweë.

4. Social interaction / Sosiale interaksie:

Seldom communicate, are rather still and withdrawn.

Show little reaction to other's behaviour and create an image of indifference.

Want peace at all costs and weigh their relationships with others up in terms of a "lack of open conflict".

Are able to make extremely funny comments without affecting a facial muscle.

Kommunikeer baie selde – stil en teruggetrokke.

Toon min reaksie op ander se optrede – skep 'n beeld van onverskilligheid.

Wil vrede ten alle koste hê – meet die gesondheid van hulle verhouding met ander in terme van "gebrek aan openlike konflik".

Kan skreeusnaakse opmerkings maak, sonder om 'n gesigspier te veroer.