

EXAMPLE



Behavioural Preference Questionnaire

Score each line according to which word you associate with the most.

For example, Question 1 – If you are inclined to be really informal = 10 or 9

I tend to be quite informal but do enjoy formality on occasion

I can be organized if I have to be. Not something that comes naturally to me.

	1	2	3	4	5	6	7	8	9	10	
							x				Informal
											Responsive
											Spontaneous
											Practical / heart oriented
			x								Organised
											Assertive
											Expresses Feelings
											Relationship oriented
											Warm
											Welcoming

For each column, count the number of ticks in it & multiply it by the number at the top of the column. Add up all the scores and put the number in here.

TOTAL SCORE (Y)

Behavioural Preference Questionnaire



HELPING YOU TO THRIVE AT HOME,
AT WORK, IN LIFE.

Score each line according to which word you associate with the most.

For example, Question 1 – If you are inclined to be really informal place an X under 10, or formal place an X under

		1											
		1	2	3	4	5	6	7	8	9	10		
Formal												Informal	
Controlled												Responsive	
Disciplined												Spontaneous	
Head oriented												Gut / heart oriented	
Organised												Disorganised	
Reserved												Impulsive	
Withholds feelings												Expresses Feelings	
Task oriented												Relationship oriented	
Cool												Warm	
Distant												Welcoming	

TOTAL SCORE (Y)

Score each line according to which word you associate with the most.

For example, Question 1 – If you are inclined to be Forceful place an X under 10 or if you tend to be Gentle place an X under 1.

	1	2	3	4	5	6	7	8	9	10	
Gentle											Forceful
Hesitant / Quiet											Communicates easily
Appears shy											Appears confident
Compliant											Authoritative
Submits											Takes charge
Asks questions											Makes statements
Accepts others' views											Challenges others' views
Passive											Dominant
Thoughtful											Active
Indirect											Direct

TOTAL SCORE (X)

