

TEMPERAMENT SCALE

Low Activity – this person is laid back and content to watch others be active.

High Activity – these people are high energy, usually on the go, and can have a hard time sitting still.

* I break this trait down into two different categories: movement, such as exercise, and experiences, with the second one being referred to as high-sensory seeking individuals. High-sensory seeking individuals need to engage in stimulating activities on a regular basis otherwise they get bored quickly and some people who have this trait are thrill seekers, such as skydivers, etc.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Adaptability – this person finds it hard to move from one activity or part of their day to the next.

High Adaptability – these people transition from one activity to the next with no problem and easily go from sleep to wake.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Approach – this person is shy, usually tentative in new situations and may need time to settle in before joining in with the rest of the group.

High Approach – these people are very enthusiastic about new people and new situations. They seem bold!

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Distractibility – These people don't easily stop what they're doing—no matter how enticing a distraction might be - and may seem like they don't notice much.

High Distractibility – these people are easily sidetracked from one thing to another. In extreme cases they have Attention Deficit Disorder. It's important to understand what is distracting as sometimes it could be the result of boredom, a sensory issue, something that is triggering/the result of trauma, or an anxious or creative nature.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Intensity – this person is mellow and calm, so much so that they can come across as not caring.

High Intensity – these people are the big responders. They have intense emotional reactions to events and may have a hard time tolerating or managing their emotional reactions. One other thing to consider for high intensity, people is how significant do they experience things internally and then how strong do they react externally.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Persistence – this person gives up easily in face of failure.

High Persistence – these people continue to do what they need to do even when they're faced with obstacles.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Positivity – this person is serious and more difficult to please. These people find it hard to have a positive attitude when they experience a setback.

High Positivity – these people are just generally sunny, cheerful and resilient in the face of setbacks.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Regularity – this person is hard to predict; it's difficult to tell when they're hungry or tired.

High Regularity – these people seem to have internal clocks that keep them on track, and have regular routines and are punctual, etc.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

Low Sensitivity – I see low sensitivity to the five senses - sight, smell, sounds, taste and touch. (Parets2Parents regard low sensitivity as a person who is “blissfully unaware of things that bother others; these children don't easily pick up on interpersonal signals.” But I see low sensitivity as strictly related to the senses; limited awareness of

social signals can have numerous origins that may not be related to temperament such as poor attention, anxiety, lack of education or experience, cultural differences, etc.)

High Sensitivity – these people react strongly to even mild lights, sounds, textures, tastes and pain. They are super sensitive to even mild stimuli.

LOW 0 1 2 3 4 5 6 7 8 9 10 HIGH

LINK TO A VIDEO ABOUT TEMPERAMENT AND PARENTING THAT IS 18 MINUTES LONG:

<https://www.youtube.com/watch?v=gp3LmoAcfPA>

Adjusted from Parets2Parents handout.

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