

Discovering Your Rebel Type



For each scenario, circle the one response that is most true for you. If two are equally true, circle them both.

1. In childhood photos, I

- E) am always smiling and posing.
- AN) am sitting up straight with a serious look on my face.
- D) have an "Are we done yet?" look that conveys what an interruption the photo shoot was to my plans.
- AM) slouched, leaned, laid all the way down, or hid behind someone/something.

2. When board games come out at a party, I

- E) want to play and be part of the group.
- AN) know, follow, and enforce the rules.
- D) play to win.
- AM) enjoy watching others play.

3. When it comes to a dreaded project or chore, I

- E) try to turn it into a game.
- AN) like figuring out exactly what needs to be done and doing it all correctly.
- D) get a thrill from checking it off as yet another item "done" on my to-do list.
- AM) often dink around until it's too late or someone else has already done it.

4. When there's a sudden change of plans, I

- E) may be devastated (if the change makes me feel disappointed) or elated (if the change makes me feel anticipation).
- AN) will be distressed because what I'd counted on happening is not happening and may attempt to reverse the change and make the original plan happen after all.
- D) react in frustration, even anger, to the loss of control.
- AM) patiently roll with it—"It is what it is."

5. If I had a day of free time, I would love to

- E) get together with friends and family for a spontaneous party.
- AN) reorganize a closet, a room, the garage, or the entire house.
- D) start and/or finish a new project.
- AM) "chillax."

6. When developing a relationship with a new boss (or other authority figure), I

- E) try to get to know him and make him laugh.
- AN) analyze his expectations and strive to meet them.
- D) challenge him, testing his right to be in charge.
- AM) try not to attract any attention for the wrong reason.

7. When it comes to my clothing choices, I am drawn to

- E) eye-catching colors and prints.
- AN) coordinated outfits in subdued hues.

- D) functionality.
- AM) comfort.

8. If my flight were to be delayed by five hours, I would want to

- E) talk to all the interesting people hanging out in the airport with me.
- AN) catch up on my reading.
- D) make progress on a project via my laptop and cell phone.
- AM) find a quiet place to catch a nap.

9. If a stranger were to watch me for a week, she would conclude that I highly value

- E) playing.
- AN) organizing.
- D) doing.
- AM) resting.

10. I learn best by

- E) talking, active discussion, debate.
- AN) seeing, visualization, diagrams.
- D) listening, repeating aloud, hearing audiobooks/videos/podcasts.
- AM) getting hands-on, making a model, demonstrating a process.

11. If I were to enter a competition and do poorly, the worst part of the entire experience for me would be

- E) disappointing others; not giving them something to cheer about.
- AN) making mistakes; trying to figure out what I'd done wrong.
- D) not being #1.
- AM) all the stress of the entire experience.

12. When learning a new skill, the thing that upsets me the most is

- E) corrections.
- AN) illogical instructions.
- D) failure to progress rapidly.
- AM) complexity.

13. The worst part about being sick for me is

- E) being isolated from people.
- AN) the germs, messes, and medications.
- D) the to-do list that's not getting done.
- AM) not feeling well enough to actually enjoy the R&R.

14. Behind my back, I'm pretty sure people say that I'm too

- E) talkative.
- AN) obsessive-compulsive.
- D) bossy.
- AM) lazy.

15. In school, my response to a group assignment was typically

- E) euphoria that I could receive class credit for socializing.
- AN) resignation that I would be the one to make sure the finished product was good enough to turn in.
- D) determination to make sure everyone did his/her part rather than just getting a free ride on my efforts.
- AM) satisfaction that there were plenty of other people in the group to make sure it got done (and usually at least one of them was far more invested than I was).

16. I consider someone a bad driver if he

- E) honks at me or makes a rude gesture.
- AN) doesn't follow the rules of the road, thus endangering the safety of others.
- D) drives slowly in front of me rather than pulling over to let me pass.
- AM) causes an accident.

17. I am likely to find it difficult to respect an authority figure who is

- E) critical.
- AN) late.
- D) incompetent.
- AM) insensitive.

18. My biggest time management issue is

- E) optimism: I act as if everything will magically work out (and, if not, who cares if I'm a little late?).
- AN) deciding a project is "done enough": I get so caught up in little details that projects often remain unfinished.
- D) energy management: I start too many projects and try to do them all simultaneously.
- AM) breaking a large project into smaller steps: I focus on the expected end result and get so intimidated that I put it off, often until it's far too late to actually do it at all, let alone well.

19. An important contribution I make to my friendships and to my family is demonstrating how to

- E) really enjoy life.
- AN) care about quality.
- D) get things done.
- AM) live at peace.

20. If our family were to plan a trip together, they would rely on me for ____ (but then...)

- E) spontaneous enthusiasm and tons of excitement (but then I might forget to pack half the necessities).
- AN) alphabetized checklists for packing (but then I might become stressed from double-checking all the pre-travel details).
- D) leadership in setting concrete goals for the trip: where to go, what to see, how long to stay (but then I might tire everyone else out with a demanding daily agenda).
- AM) a calm and easygoing presence, with a bit of dry humor that breaks any tension (but then I might dig in my heels right at the worst possible moment).

21. Others would describe my walk as

- E) strutting.
- AN) pacing.
- D) striding.
- AM) sauntering.

22. When checking in to a hotel, I

- E) tell the person behind the counter all about why I've come to town and ask for restaurant recommendations.
- AN) ask for a room that's away from traffic and noise.
- D) pray for no line and quick service.
- AM) hope the bed is comfortable.

23. Of the following, the one I find most distressing is

- E) rejection.
- AN) chaos.
- D) powerlessness.
- AM) disharmony.

24. If I were to asked to help plan a friend's birthday party, I'd want to

- E) welcome guests as they arrive and get them involved in mixer games.
- AN) make sure the invitations are accurate and include a map.
- D) order the food and decorations.
- AM) show up and help however.

25. When my plans don't turn out the way I'd expected, I'm likely to respond

- E) with disappointment shortly followed by a better new plan.
- AN) with days of let-down and wondering why this always happens to me.
- D) by blaming whoever messed up my plan.
- AM) by making fewer plans.

Now, add up your totals:

- (E) Expressive = ____
- (AN) Analytical = ____
- (D) Driving = ____
- (AM) Amiable = ____

Your highest score correlates with your dominant personality type, and your next highest score indicates your secondary type.

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The Expressive Rebel

The Expressive Rebel's Idea of Victory:

When he or she is enjoying relationships with others

A Couple of the Expressive Rebel's Top Emotional Needs:

Attention
Approval

A Few of the Expressive Rebel's

God-given Assets:

Talkative, storyteller
Life of the party
Good sense of humor
Enthusiastic and expressive
Cheerful and bubbly

A Few of the Expressive Rebel's

Potential Liabilities:

Compulsive talker
Exaggerates and elaborates
Dwells on trivia
Cannot remember names
Scares people off

The Expressive Rebel's Danger Zone:

When an Expressive is overstressed, he or she naturally slides toward People-Pleasing.

The Analytic Rebel

The Analytic Rebel's Idea of Victory:

When he or she has achieved and maintained excellence

A Couple of the Analytic Rebel's Top Emotional Needs:

Sensitivity
Space

A Few of the Analytic Rebel's

God-given Assets:

Deep and thoughtful
Serious and purposeful
Genius-prone
Talented and creative
Artistic or musical

A Few of the Analytic Rebel's

Potential Liabilities:

Remembers the negative
Moody and down
Enjoys being hurt
False humility
Off in another world

The Analytic Rebel's Danger Zone:

When an Analytical is stressed, he or she most naturally slides toward Perfectionism.

The Driving Rebel

The Driving Rebel's Idea of Victory:

When he or she is initiating change

A Couple of the Driving Rebel's Top

Emotional Needs:

Achievement

Appreciation

A Few of the Driving Rebel's

God-given Assets:

Born leader

Dynamic and active

Compulsive need for change

Must correct wrongs

Strong-willed and decisive

A Few of the Driver's

Potential Liabilities:

Bossy

Impatient

Quick-tempered

Cannot relax

Too impetuous

The Driving Rebel's Danger Zone:

When a Driver is stressed, he or she naturally slides toward Performancism.

The Amiable Rebel

The Amiable Rebel's Idea of Victory:

When he or she is in a place of peace

A Couple of the Amiable Rebel's Top

Emotional Needs:

Respect

Self-worth

A Few of the Amiable Rebel's

God-given Assets:

Low-key personality

Easygoing and relaxed

Calm, cool, and collected

Patient and well-balanced

Consistent life

A Few of the Amiable Rebel's

Potential Liabilities:

Unenthusiastic

Fearful and worried

Indecisive

Avoids responsibility

Quiet will of iron

The Amiable Rebel's Danger Zone:

When an Amiable is stressed, he or she naturally slides toward Procrastination.